

Carolina Country

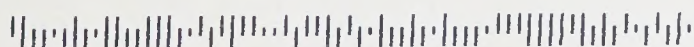


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PERIODICAL

Your Touchstone Energy Cooperative

Adventures

North Carolina trips

An electric motorcycle

Antiques in Liberty

Trucks in Cherryville

An illustrated guide to preparing for severe weather — page 14

We are pioneers.

Our mornings, our nights and the waking hours in between —
this is when we discover what we can achieve.

We are determined to grow and build and cultivate
the life of our dreams. Because this is our ground.

Our opportunity. Our responsibility.

Our life to lead.

We are Kubota.



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For Earth, For Life
Kubota



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ON THE COVER

The Kindred Spirit mailbox at the end of Sunset Beach for more than 36 years has collected letters, journal entries, memories and wishes left by visitors who are touched by the surrounding sand, sea and sky. It's one of the endearing qualities of the Brunswick Islands (see pages 72–73 of our annual travel guide). (Photography by Renee Gannon)



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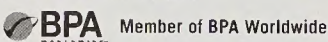
Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.



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HAS YOUR ADDRESS CHANGED?

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

We are different



by Jo Ann Emerson

Excerpted from an address to the annual meeting of electric cooperatives, February 23, 2015.

I still hear those old questions: Why do electric cooperatives still exist? Wouldn't it make more sense for them to merge with other utilities? Couldn't they change their member-owned model?

I turn those questions around. I want to know: Why do investor-owned utilities have more to do with investors than consumers? Why are their customer satisfaction scores lower? Why don't they treat their business like it belongs to the rate-payers?

So the question isn't, "Why do electric cooperatives still exist?" The question is, "Why do business any other way?"

We are partners with the people we serve. While others may be afraid of what their customers might say to them, we listen to our members. Commitment, engagement, cooperation — they are the keys to our success.

Cooperatives are committed to communities. Electric co-ops bring millions, even billions of dollars to their states. You employ thousands of people. You support tens of thousands of jobs in the community, and you do things other utilities won't. You keep your members' money in the local economy. You partner in community economic planning. You pick up the telephone when a member needs you, and you probably call them by their first name.

That is the cooperative difference. We are committed to our members.

So let us, together, set a different direction. Different from partisan politics. Different from mega-utilities. No matter where you are in the country, no matter how big or small, no matter what kind of fuel you use or generate — let's put the cooperative difference at the center of our mission.

Our electric cooperatives will have over 14,000 jobs to fill in the next five years. And about 160,000 active duty U.S. service members transition out of the military every year. Many of them will return to our communities

as veterans. When they come home looking for a job, let's be sure that the cooperative is the one phone call our veterans know they can make. Give them guidance — and confidence — as they transition back into civilian life. Let it be known: Co-ops. Hire. Veterans.

Let's embrace technology and make cooperatives the model for deployment of new ideas. Let's give co-op members the technologies and information they need to manage their energy usage.

Let's look for the root causes of poverty in our communities and address those challenges with direct action and civic engagement. The electric cooperative is a powerful force for change in the community. Think about the hundreds of cooperatives working for charitable causes through Operation Round-Up. Let us lead our communities with compassion.

And let us look for opportunities to make a difference in the world. Let's look to the 1.5 billion people without electricity. Let us expand our model for international service — to bring freedom and opportunity to communities that have never known either. Reliable electricity is the foundation upon which to build sustainable communities: new businesses, new schools, better health care and a better life. And the cooperative model works in ways other models don't: a government doesn't choose it, an official "planner" doesn't choose it, the people choose it.

If you can't tell, my energy and enthusiasm haven't faded — not one bit. They've grown. There will always be power and there will always be politics. But for communities to prosper, they need people — good, strong people, like you — leading them, fighting for them, sticking by them, speaking up for them, and rolling up your sleeves with them. You are those people. You make the difference. ☺

Jo Ann Emerson became the fifth CEO of the National Rural Electric Cooperative Association in March 2013.

Tow sack

You need an old-timer to tell you about tow. ["Joyner's Corner," January 2015] I used to be a weaver and spinner in my younger days, and although I've never done anything with tow, I have seen tow cards for preparing the material. Tow is the name for the short, nearly worthless fibers you have when weaving. Long fibers of wool or flax are the easiest to spin, and the very short fibers were leftovers. I've seen tow cards for carding wool a few times, but they were very old. The cards looked like pieces of wood with large, 10 penny nails sticking out of one side. Regular cards for wool preparation are more beautiful, with close rows of wires protruding from one side of the boards.

The tow for burlap would have been made out of flax. Burlap would be made of the otherwise useless fibers, too short for regular spinning. The long fibers would have been made into flax cloth or fine linen.

Originally, burlap would be quickly thrown away it was so cheap. So a tow bag was made of tow.

*Eva Quave, Brasstown,
Blue Ridge Mountain EMC*

Tow head

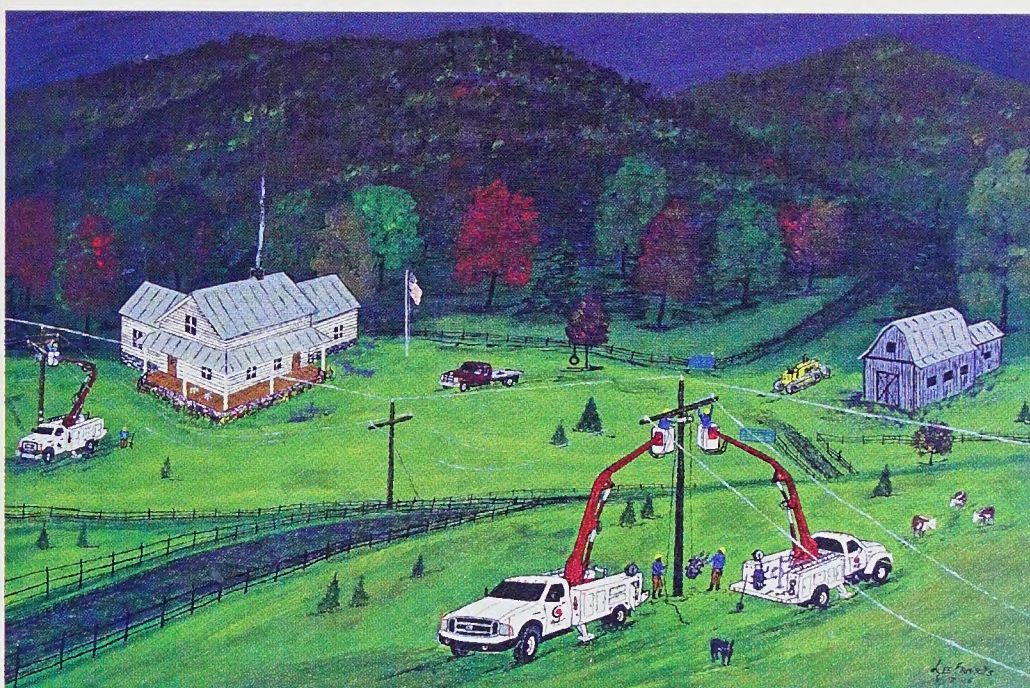
Both flax and hemp were grown (most likely) in this area for the fiber. Once spun the thread is called linen. To get to the point of being able to spin the flax or hemp, the fiber has to be combed. The long line flax (up to 3 feet) was spun for clothing and household linens. The shorter bits remaining in the comb are called tow. They are shorter and thicker and were spun to make the coarser clothing, like work pants and sacks.

The description of the "flaxen-haired maiden" is understandable after seeing a hank of combed flax. "Tow-headed boy" is understandable after seeing a handful of the tow.

Elizabeth Love



My dog, Marnie, enjoying a recent drive in North Carolina. You can see more at [flickr.com/photos/biblepostcards](https://www.flickr.com/photos/biblepostcards) —Vickie Rosbach, Rutherford County



Hard work

Lee Francis of Ashe County, a lifelong member of Blue Ridge Electric, saw his electric co-op's crews out working one day and decided to make a painting "to honor their hard work."



Dale Chihuly's art

In the "Garden Décor" pages of the March 2015 magazine, we inadvertently omitted the name of the artist who created the blown glass pieces. They are the work of sculptor Dale Chihuly, who works in Washington state. (chihuly.com)

Correction

We apologize for a typographical error referring to one of the websites offering the e-book "Temper the Winds." ["Carolina Country Store," March 2015] The book is available at many websites, including kobo.com (not kobe.com).

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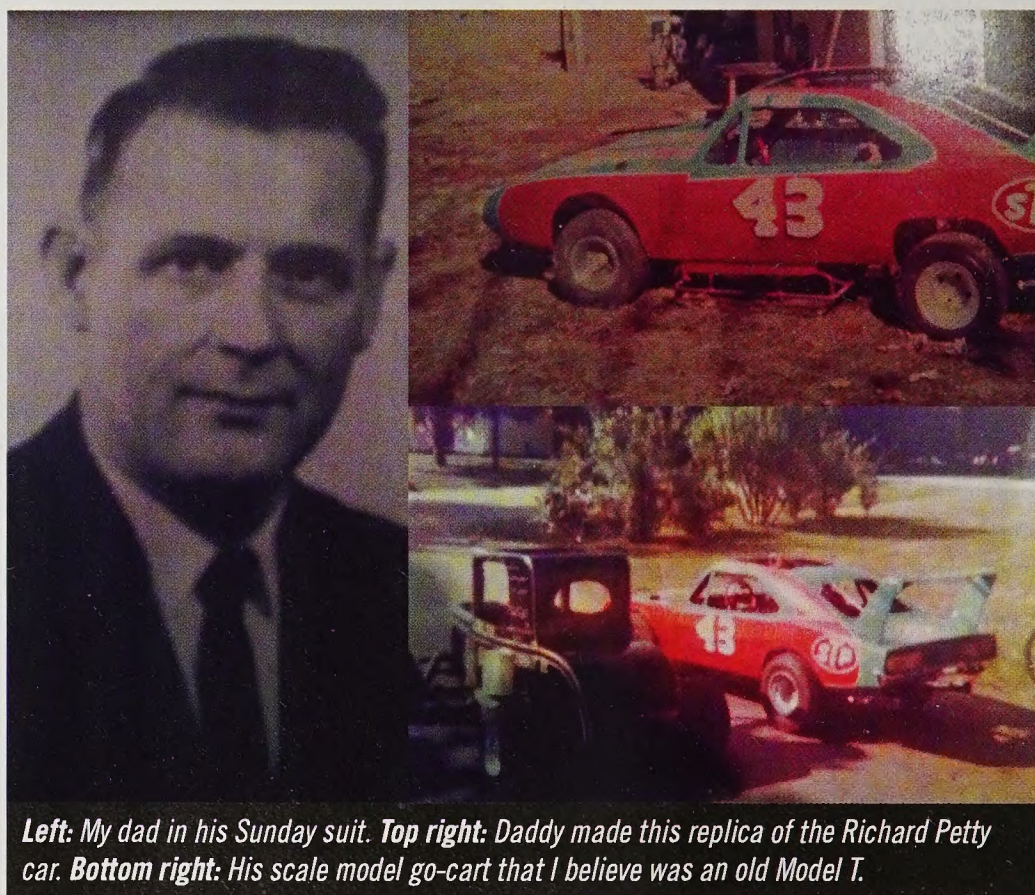
by Suzie Gregory

My dad, Thomas Alfred Lackey, had only a sixth-grade education. He drove a truck for a living. But he could tackle just about any task he wanted to. He was called “grease monkey,” because of his love for fixing almost anything on an automobile, and no matter what he used to clean his hands they were always grease-stained.

One of his talents was to build go-carts for us kids to ride. When I was 5, I drove the go-cart he built for me; it would go 60 miles an hour. I was the only girl who raced with boys, and I could go faster because I was lighter. In about 1972, Daddy built a scale model of Richard Petty’s race car, the size of a go-cart. He made the fiberglass mold and painted it to look just like Richard Petty’s and sent him a picture of the car. Daddy worked out of a block workshop that he built by himself at our place in West Iredell.

We went to Temple Baptist Church on Old Pump Station Road in Statesville. When Daddy found out they needed cribs for the nursery, he built them. He also made wooden holders for the church pamphlets. Our family took care of cleaning the church and mowing the lawn. We felt like we lived at church. We were there Sunday morning, Sunday night and Wednesday night. If there were revivals, we were there every night. Because he was on the road, Daddy couldn’t make it to every service, but he was there most of the time.

One Wednesday night he stayed home from church so he could get some sleep before he had to go out on the truck. My mom, my sister and I came home and opened the door to a house full of smoke. We went screaming through the house to see if he was OK. He was in the bedroom asleep with the door shut. He was fine. Before he went to bed he decided to parch



Left: My dad in his Sunday suit. **Top right:** Daddy made this replica of the Richard Petty car. **Bottom right:** His scale model go-cart that I believe was an old Model T.

some peanuts in the shell to take on the road with him. (He said peanuts helped him to stay alert while driving.) He had turned the oven off; but on that oven, if you turned the button as far as it would go, it went past “off” to “broil.” The oven caught fire, the oven door melted and dripped onto the floor. Fire went into the attic where it went out in the insulation. Most of the damage was in the kitchen, with smoke damage in the rest of the house.

Daddy cleaned the walls and painted and wallpapered the rooms. He also built beautiful cabinets in his study.

My dad passed away from cancer at the early age of 49. He told us not to be sad when he was gone because he would be with the Lord, waiting for us to join him. I am sure with the Lord’s help he has mastered many trades by now. I look forward to seeing his work. 🙏

Suzie Gregory, a member of the EnergyUnited cooperative, lives in Cleveland, Rowan County.

Send Your Story

If you have a story for “Where Life Takes Us,” about an inspiring person who is helping others today, or about your own journey, send it to us with pictures.

- We will pay \$100 for those we can publish.
- Send about 400 words.
- Pictures must be high resolution or good quality prints.
- Include a stamped, self-addressed envelope if you want anything returned.
- We retain reprint rights.
- Tell us your name, mailing address, and the name of your electric cooperative.
- To submit, email to editor@carolinacountry.com (“Inspiration” in the subject line) or online at carolinacountry.com/contact



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Only a few of us are born with silver spoons in our mouths. Until Stauer came along, you needed an inheritance to buy a timepiece with class and refinement. Not any more. The Stauer *Magnificat II* brings the impeccable quality and engineering once found only in the watch collections of the idle rich. If you have actually earned your living through intelligence, hard work, and perseverance, you will now be rewarded with a timepiece of understated class that will always be a symbol of refined taste. The striking case, finished in luxurious gold, compliments an etched ivory-colored dial exquisitely. By using advanced computer design and robotics, we have been able to drastically reduce the price on this precision movement.

Do you have enough confidence to pay less? Status seekers are willing to overpay just to wear a designer name. Not the Stauer client. The *Magnificat II* is built for people who have their own good taste and understand the value of their dollar—finally, luxury built for confident people. And this doesn't mean the rich aren't smart. Quite the contrary, Stauer's clients include a famous morning news host, the infamous captain of a certain starship, a best actor nominee, a best actor winner and the number one rock guitarist of all time. They were all clever enough to recognize a spectacular value.

It took three years of development and \$26 million in advanced Swiss-built watch-making machinery to create the *Magnificat II*. Look at the interior dials and azure-colored hands. Turn the watch over and examine the 27-jeweled automatic movement through the exhibition back. When we took the watch to George Thomas (the most renowned watchmaker and watch historian in America), he disassembled the

Magnificat II and studied the escapement, balance wheel and the rotor. He remarked on the detailed guilloche face, gilt winding crown, and the crocodile-embossed leather band. He was intrigued by the three interior dials for day, date, and 24-hour moon phases. He estimated that this fine timepiece would cost over \$2,500. We all smiled and told him that the Stauer price was less than \$90. He was stunned. We felt like we had accomplished our task. A truly magnificent watch at a truly magnificent price!

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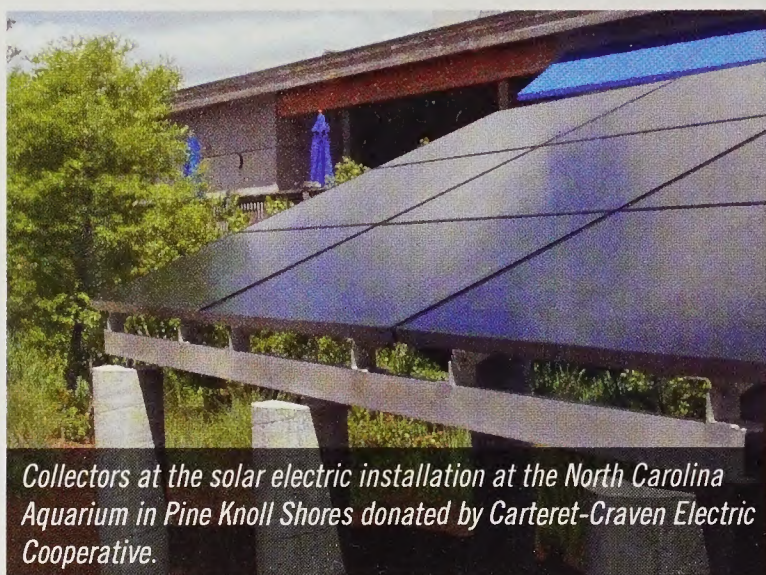
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Collectors at the solar electric installation at the North Carolina Aquarium in Pine Knoll Shores donated by Carteret-Craven Electric Cooperative.

Clean energy businesses mean jobs and growth for North Carolina

North Carolina's hospitable climate for "clean energy" has produced greater than expected results in job creation and revenue growth, according to the "2014 North Carolina Clean Energy Industry Census" published recently by the NC Sustainable Energy Association (NCSEA). The census since 2008 has measured the impact of North Carolina's clean energy policies on employment, revenues, geographic presence, export activity and business climate.

According to the report, the clean energy industry has seen "approximately 15 percent annual increase in revenues generated since 2012," and "significant job growth in 2014, now accounting for 22,995 full-time equivalent employees in North Carolina and more than 1,200 firms."

Marked growth occurred in 2014 in North Carolina's energy business sectors of building efficiency and energy storage, NCSEA says. Building efficiency and solar sectors together represent 59 percent of all firms — emerging as the dominant clean energy industry firms in the state, the report says.

This spring, call before you dig

As you plan any excavating projects for this spring, remember to call 811 before the shoveling begins. This simple step could prevent serious injury or even save your life.

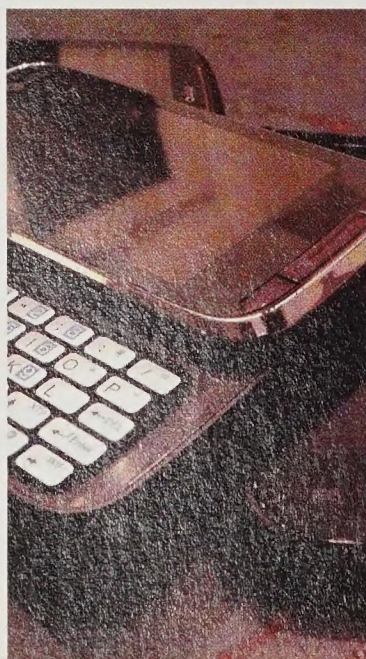
The 811 "Call Before You Dig" number is a free line that was created to help prevent people from coming into contact with underground utility lines during digging projects. When you call, 811 routes you to your electric co-op's locating service. Make sure to tell the operator where you plan to dig and what type of work you will be doing. From there, it takes a few business days for a professional to come mark your public utilities with flags or spray paint.

Locations have to be processed, facilities must be located, and crews have to be scheduled before excavating. A free service provided by North Carolina 811 called "Remote Ticket Entry" allows excavators to electronically process locate requests from their location through the use of a computer with an Internet connection. Non-emergency locate requests submitted via RTE can be processed any hour of the day, any day of the week, including weekends and holidays. (Each participant must complete and pass an online course, which is designed for excavators to learn at their leisure.)

Since 1978 North Carolina 811 has provided a communications link with local utility providers. The 811 service transmits location information to the utilities so that underground lines can be marked. It's a free service.

Even if you previously had utilities located by calling 811, it is best to call before every digging project. Underground utility lines can shift, and it is important to be certain of where they are.

Remember to call 811 or (800) 632-4949 at least three working days before you plan on digging.



Recycle your electronic devices

These days, it's possible in many areas to send old cell phones and other electronic devices to be recycled instead of throwing them in the trash or keeping them in a drawer. Electronics retailer Best Buy offers the most comprehensive appliance and electronics recycling program in the U.S. Best Buy offers free recycling for most electronics and large appliances, regardless of where they were purchased, allowing the company to achieve its goal of recycling one billion pounds of electronics and appliances in 2014.

Some charitable organizations, like Cell Phones for Soldiers, also offer free cell phone recycling. Since 2004, the non-profit has prevented more than 11.6 million cell phones from ending up in landfills. All cell phones donated to Cell Phones for Soldiers are sold either to electronic restorers or a recycler, depending on the phone's condition. The proceeds from the phones are used to purchase prepaid international calling cards for troops and provide emergency financial assistance to veterans.

For more information:

EPA Electronics Recycling (epa.gov/ecycling) and Cell Phones for Soldiers (cellphonesforsoldiers.com)

Winter storms challenge electric co-op systems

North Carolina's electric cooperatives worked to restore power to approximately 35,000 member accounts that experienced outages as a result of two snow and ice storms the last two weeks of February. Outages occurred in the Sandhills region, as well as parts of Beaufort, Cumberland, Orange, Pender and Wake counties. Sleet and freezing rain coated, and eventually brought down, tree limbs and power lines.

Crews from less-impacted cooperatives traveled to assist sister co-ops as part of a mutual-aid agreement to help in times of emergency, which sped up the restoration process.

Several co-ops used social media to communicate in real time as outages were restored. "Facebook gives us the tool to communicate outage updates and messages, videos and photos to our members in real time," said Gay Johnson, director of corporate communications at Four County EMC. "Sharing videos and photos gives a whole new meaning to outage restoration in the eyes of many of our members."

The rate of electricity price increase hits a 6-year high

As expected, residential electricity rates are increasing nationwide. A recent federal government report showed that in 2014 rates rose an average of 3 percent, the highest rate of increase since 2008.

The "Short Term Energy Outlook" report from the U.S. Energy Information Administration attributed the increase to rising natural gas prices. Fuel costs for power generators using natural gas jumped by nearly 20 percent in 2014.

EIA reported in December that the national average rate was 12.5 cents per kilowatt-hour. Residential electric rates are the highest in New England, where ratepayers paid an average of 17.8 cents per kwh in 2014, though every part of the country experienced an increase, EIA said.

EIA predicted that residential prices in 2015 will rise by an average of 1.7 percent.

The Alevo battery system helps charge up the local economy

A Swiss manufacturer is making utility-grade energy storage systems in a former cigarette plant near Charlotte. Alevo Group says it hopes to ramp up its operation in Concord to employ 500 people by the end of 2015 and as many as 2,500 over the next three years, reports the Charlotte Business Journal. The operation occupies a 2,100-acre site on U.S. Hwy. 29 that once hosted a Phillip Morris tobacco plant.

Alevo's technology uses a battery system that can be charged and discharged by computer and is aimed at



Alevo says its Gridbank can store and deliver electric energy across the grid.

storing electric energy for the electricity grid. Executives told the Business Journal they expect the Concord operation to begin shipping in July.

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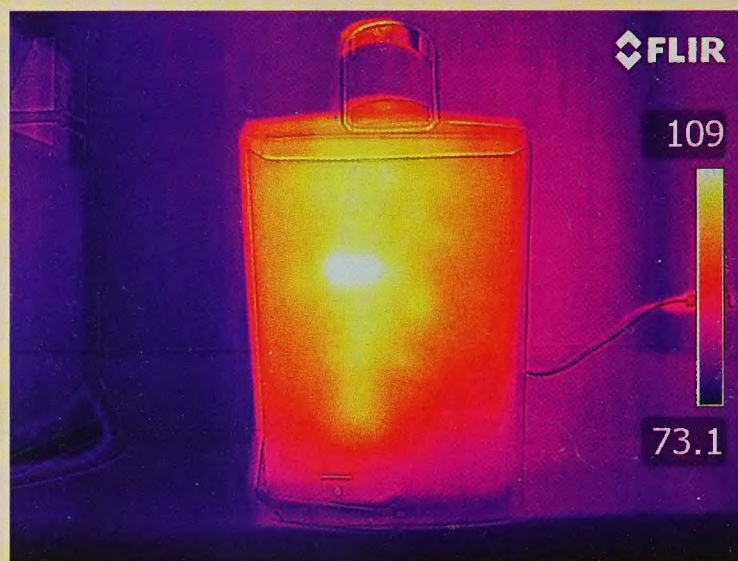
By Bret Curry

When it comes to preparing our morning coffee or tea, we've come a long way from the days of percolating coffee upon a wood-fired cook stove. Thanks to electricity, there are countless appliances and methods for concocting hot beverages. The drip-style coffee maker became a household staple in the 1970s and is still among the most popular kitchen appliances. The new kid on the block is the single-serve hot beverage maker. The single-serve gadget uses a small disposable plastic cup filled with ground coffee, hot chocolate, tea or even cider.

The U.S. Department of Energy reports that nearly 11 cents from every dollar spent on energy is for miscellaneous appliances, devices and gadgets. Coffee machines and hot beverage makers fall into this category. An often-overlooked fact is that while most consumer appliances generate heat while in use, some continue to generate heat even while sitting idle. Furthermore, when appliances are used inside the home, their heat output, or British Thermal Units (BTUs), is considered heat gain. Heat gain from appliances during winter months is a welcome by-product. However, circumstances change in the summer when our air conditioners must run even more to remove the heat generated from appliance usage.

Images from an infrared camera are a great way to see heat loss from appliances. The infrared photo shown on this page is of the single-serve coffee maker at my office, which stays on throughout the day to keep my co-workers fueled with caffeine. Note that there is a significant amount of heat leaving the unit. This is because single-serve coffee makers experience standby heat loss when they remain in the "on" position. Much like conventional water heaters, the single-serve unit spends most of the time sitting idle while a heating element maintains a high water temperature within a boiler reservoir. This process assures a very short brewing time, which is very convenient for my co-workers and other consumers who own these.

However, our expeditious cup of "Joe" comes with a price tag. When left on continuously, our office unit consumed approximately three kilowatt-hours of electricity per day. That would cost about 30 cents a day to provide



A thermal image of the back of our office's single-serve coffee maker reveals that the unit is producing nearly 110 degrees of heat gain to the room.

standby heating and fulfill the brewing process, or nearly \$9 a month for 24/7 availability. During the summer, having such an appliance on 24/7 would require your air conditioner to work harder to keep your home cool. I am not saying you should pack up your single-serve coffee maker, or any other "always on" appliances. I simply want to raise your awareness of all the factors that contribute to energy use and inefficiency.

I am an avid coffee drinker, and I use a hot pot (to heat water) and a French press, which is more efficient than an "always on" appliance, as are drip-style coffee makers with thermal carafe dispensers. But, for those of you who love your single-serve coffee makers or who use drip-style coffee makers with hot water reservoirs, make sure to set the timer to shut off at a certain point, if yours has that feature. Regardless of your brewing selection, make sure to turn off the appliance when brewing is finished in order to obtain optimum energy efficiency. And may your cup always be filled to the rim. ☕

Bret Curry is the residential energy manager for Arkansas Electric Cooperative Corporation. You can reach him at smartenergytips@aecc.com

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More than 8,000 electric cooperative representatives took over the Orange County Convention Center in Orlando during their annual meetings.

National convention focuses on **'members first'**



More than 8,000 representatives of the nation's electric cooperatives and allied organizations set policy, discussed issues affecting their business, learned about industry technology, and elected and honored leaders during their annual meetings held in Orlando in February. The Orange County Convention Center hosted annual meetings of national organizations that serve financial, insurance, branding, technology and other electric cooperative interests.

Just prior to their meeting, more than 100 volunteers from cooperatives around the country helped clean, fix and refresh an Orlando neighborhood as part of the annual Touchstone Energy community service project.

In her remarks to the National Rural Electric Cooperative

Association's 73rd annual meeting, CEO Jo Ann Emerson said because of the appeal that the cooperative way of doing business has among consumers, electric cooperatives can build political strength and sustain consumer loyalty. In a spirited support of the not-for-profit cooperative model, Emerson said "Why do business any other way?" She reminded delegates that welcoming innovation, engaging members and building communities leads to solid member support. She called on co-op leaders to recommit to their members as the best way to be heard in the political corridors of Washington, D.C.: "We do local politics on a national level." (See an excerpt of Emerson's remarks on page 4.)

At well-attended forums during the 3-day convention, participants heard discussions on digital technology, the mood of Congress, localized power generation, business trends, the federal Clean Power Plan, cyber security, and the "consumers first" business attitude.

North Carolina in the spotlight

Among North Carolina participants in the spotlight were Roanoke Electric's CEO Curtis Wynn, an NRECA board



Luis Gomez



Top left photo: Two electric cooperative CEOs and a director will comprise the leadership of the NRECA board for the next two years. Curtis Wynn (right), CEO of Roanoke Electric Cooperative in Aulander, was elected secretary treasurer of the NRECA board of directors during the annual meeting in February. He joins the new leadership team of president Mel Coleman of Arkansas (left) and vice president Phil Carson of Illinois, who had been vice president and secretary-treasurer, respectively. Wynn said, "I'm honored to have the opportunity to work in this capacity."



Michael Gery

Far left photo: Doug Johnson, CEO of Blue Ridge Electric in Lenoir, was interviewed about his member engagement achievements by Keith Stapleton of Sam Houston Electric Cooperative, Texas.


Near left photo: DeLance Stephens of Cumberland County, who represented South River EMC on the 2014 Rural Electric Youth Tour to Washington, delivered the invocation Feb. 23 to open the NRECA annual meeting.

Top photo: Electric cooperative volunteers from around the country helped make repairs and upgrades to an Orlando neighborhood as part of the annual community service project.

member, who was elected secretary-treasurer of the national association's board. He also joined a panel to discuss new ways of digital communication. Wynn has represented North Carolina on the national board since 2007. He also served as chairman of the board's Education, Research and Training Committee.

DeLance Stephens, a Cumberland County student sponsored by South River EMC on the 2014 Rural Electric Youth Tour to Washington, delivered the invocation to open the first day of the NRECA meeting and staffed a Congressional action project. Piedmont EMC's board chairman Bill Barber and president and CEO Randy Brecheisen were featured on a panel that focused on CEO performance. Blue Ridge Electric's CEO Doug Johnson, recognized earlier this year with NRECA's top prize for communications by a CEO, was the featured speaker at a forum on strategic and effective communications.

Representing North Carolina and regional cooperatives on standing national committees are Randolph EMC's CEO Dale Lambert, Legislative Committee; and Pee Dee EMC's CEO Donnie Spivey, Regulatory Committee.

During the meeting, the following North Carolina cooperatives received the Certificate of Achievement for their safety records: Albemarle EMC, Brunswick EMC, Carteret-Craven Electric, Central EMC, Edgecombe-Martin County EMC, EnergyUnited, Four County EMC, Pitt & Greene EMC, Randolph EMC, South River EMC, Surry-Yadkin EMC, Tideland EMC, Tri-County EMC and Union Power Cooperative. 

—Michael E.C. Gery

STORM WATCH

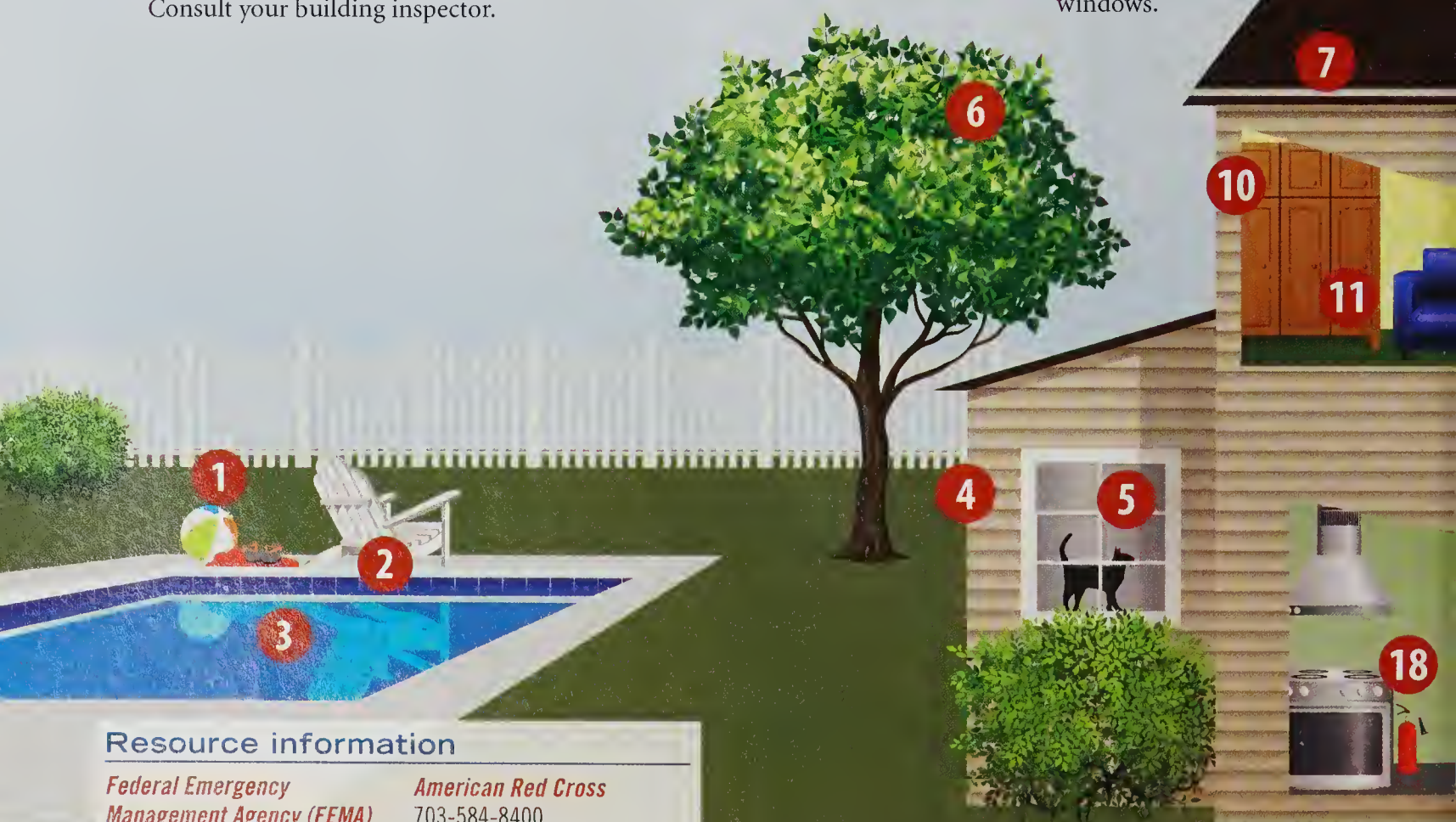
How to prepare your family and property for severe weather

Outside

1. Bring indoors objects that may be blown or swept away.
2. In a flood-prone area, elevate or move structures to higher ground.
3. Lower water level in pool to 6 inches. Add extra chlorine. Turn off electricity to equipment.
4. Keep sliding glass doors wedged shut.
5. If you evacuate, take pets with you or leave them with a friend. Give large animals in barns plenty of food and water.
6. Trim dead or weak branches. Do not leave them for curbside pickup during a storm watch.
7. Keep roof drains clear.
8. Take down outdoor antennas.
9. Protect windows with custom-fit shutters or $\frac{5}{8}$ -inch plywood. Consult your building inspector.

Inside

10. Store valuables and extra keys in a waterproof container at the highest point in your home.
11. Video record a home inventory and store it somewhere safe.
12. Post emergency telephone numbers. Charge your mobile phone.
13. Make two copies of vital documents and keep the originals in a safe deposit box. Keep one copy in a safe place at home, give the second to someone out-of-town. Birth and marriage certificates, tax records, credit card info, financial records, wills and trusts.
14. Protect what could cause harm: bookshelf, hanging pictures, gas appliances, chemicals.
15. If someone relies on life support equipment, notify your electric cooperative.
16. Check your supply of medicines.
17. Fill bathtubs and jugs with clean water in case water becomes contaminated.
18. Show adults how your fire extinguishers work.
19. Keep a battery-operated radio or television and extra batteries.
20. Plan home escape routes. Find two ways out of each room.
21. Make a plan to reunite if separated. Designate an out-of-state contact and make sure your family knows how to reach the person.
22. Pick a "safe" room in the house, usually a first-floor interior hallway, room or closet without windows.



Resource information

**Federal Emergency
Management Agency (FEMA)**
800-621-FEMA (3362)
www.fema.gov

American Red Cross
703-584-8400
www.redcross.org

23. Turn off electricity, water and gas only if you suspect a leak or damaged lines, or if you are instructed to do so by authorities.

24. Fuel your vehicle. Get cash. ATMs may not work later.

25. Keep a smaller Disaster Supplies Kit (see box) in each car.

26. Moor boat securely, store it upside down, against a wall or move it to a safer place. Anchor a boat trailer.

27. If you use a portable generator, know what loads it can handle, including start-up wattage. If you connect to a household circuit,

you must have a double-pole, double-throw transfer switch installed between the generator and outside power, or the “backfeed” could seriously harm utility line workers.

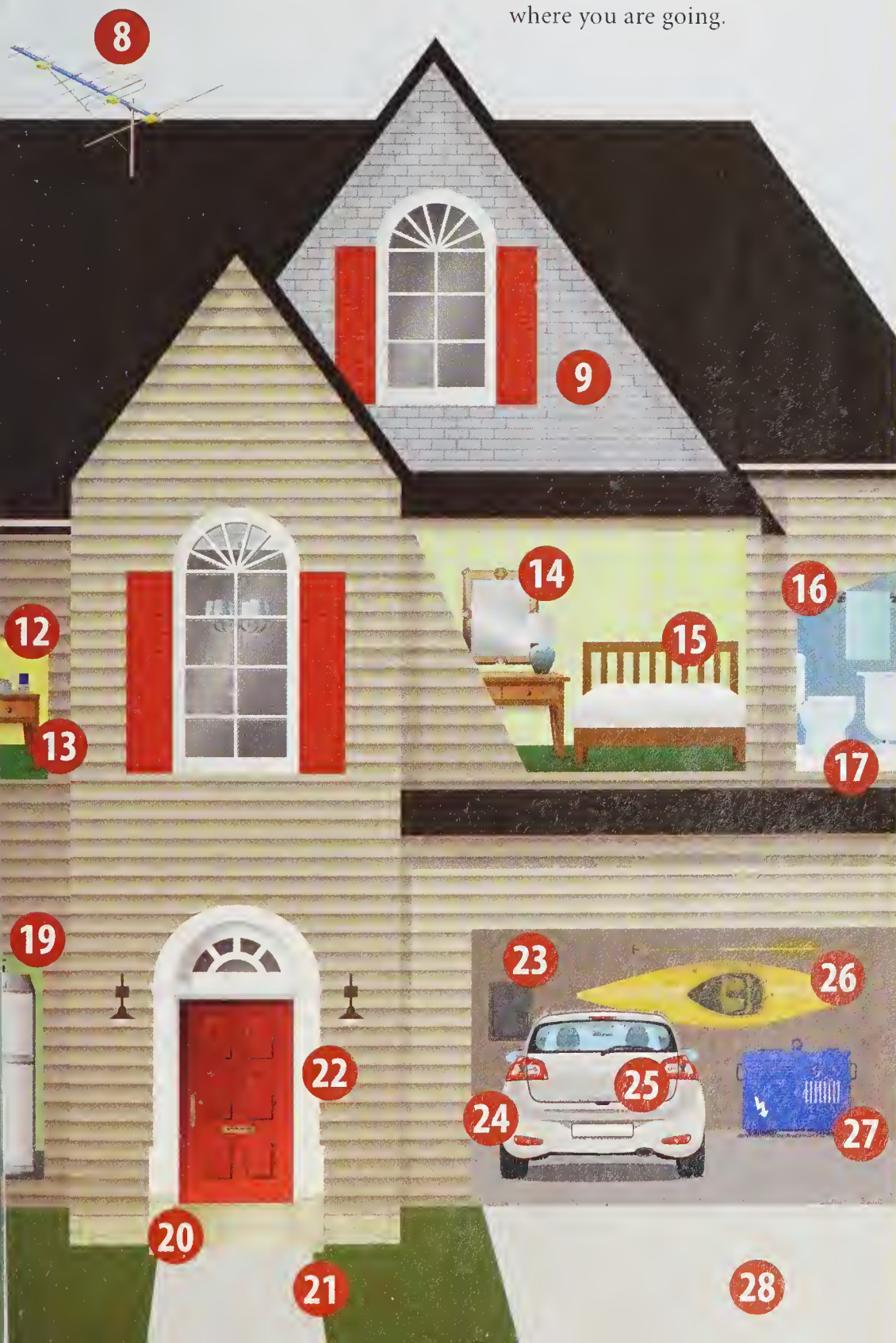
28. If you must evacuate, leave as quickly as possible. Unplug your appliances, but leave your refrigerator on and set to the coldest possible setting. Turn off the main water valve. Move furniture to a higher place, if possible. Take sleeping bags, blankets, warm protective clothing, emergency supplies, eating utensils and identification showing proof of residency. Tell somebody where you are going.

A Disaster Supply Kit

(recommended by the American Red Cross)

Have enough disaster supplies for 2 weeks ready. Keep items in airtight plastic bags. Replace stored food and water every six months. Rethink your kit and family needs at least once a year. (Replace batteries, update clothes, etc.) Ask your physician or pharmacist about storing prescription medications.

- Emergency food & drinking water
- At least one change of clothes for every person
- Baby food, diapers & formula (if necessary)
- Batteries
- Bleach (without lemon or additives)
- Books, magazines, cards & games
- Butane lighters
- Cash & credit cards
- Camera
- Car keys
- Clock (non-electric)
- Cooler (with ice)
- Duct & masking tape
- Fire extinguisher
- First Aid kit
- Flashlight
- Grill or camp stove
- Lantern with extra fuel (after storm has passed)
- Manual can opener
- Medicines, glasses or contact lens supplies
- Mosquito repellant
- Personal identification
- Pet food
- Phone numbers of places you could go.
- Plastic trash bags
- Radio (battery-operated) or TV
- Sleeping bags, pillows & blankets
- Soap & shampoo
- Sturdy shoes
- Toilet paper & towelettes
- Tool kit including hammer, crowbar, nails, saw, gloves, etc.
- Water purification tablets (available at drug stores)



The East Bend School

Fire

The Yadkin County community of East Bend learned some lessons after the beloved school burned down

by Sandra Miller

The fire began in the early morning hours of April 8, 1964. We never learned what caused it.

The reunion at a local restaurant last September brought members of the 1964 graduating class of East Bend High School together to reminisce about an eventful year they shared 50 years ago—the year the school burned down in April.

The school year began as any other in September of 1963, but students were soon to be shaken up at the announcement that President Kennedy had been assassinated on November 22. I was in my freshman PE class when the principal made the announcement on the intercom. Jumping jacks came to a screeching halt, and all of us girls froze in place. An eerie presence swept through our small-town school that day, and a somber reserve latched onto each of us. Assassinations of public officials were something we read about in history books, not something we expected to experience firsthand. But kids have a way of adjusting to things they cannot understand.

None of us, though, were ready for the change that awaited

us come spring. Small schools in small towns have small classes and tight-knit groups. We had been together since first grade. Students from Fall Creek and Forbush elementary schools moved to East Bend in the 9th grade. High school was a big deal, but we adapted. Our class totaled around 60 students. And we blended like berries in a cobbler.

High school meant we could participate in sports and new school activities. Other than church functions, school activities were all many of us had to look forward to. So awaking to the news on April 8, 1964, that our school had burned to the ground during the night was earth shattering. Students and teachers alike were shaken to the core. I recall the sickening feeling that washed over me when I saw the ruins. All of the elementary section—16 stately classrooms, where both my parents and I were schooled our first eight years—was gone, along with the auditorium, administrative office, and an older section of the high school. All that remained standing was the high school library, science lab, home economics room, cafeteria, agriculture building, and

gymnasium, along with one mobile unit. School records dating back to the 1920s were destroyed.

The fire was discovered around 3:30 a.m., when flames roared through the roof and lit up the sky. Clyde Lane, a nearby resident, ran over to the adjacent firehouse and pulled the siren. It was reported that the flames could be seen 20 miles away in Winston-Salem. Twelve fire departments from surrounding counties joined East Bend's firemen in an effort to put out the blaze. They fought fearlessly, but the flames raged with unbridled fervor, and within a four-hour span the structure that had been the center of the community since 1923, and added to in 1935, was destroyed.

Transformation

For so many years the well-kept lawn and towering longleaf pines in front of the school complemented the building's aged, dark red bricks. Faculty and students for so many years respected those grounds. It was home while we were away from home, a safe haven for kids. While plans were drawn to replace what was lost, we knew that asphalt and cement could not compensate for what nature had provided. Many of the trees had been charred. Modern architecture could not bring forth the trust and pride that grew through the years as students paced up and down those frequently oiled hardwood floors.

The gymnasium that survived had replaced one that was torn down in 1959. Coach Jim Morgan taught us the importance of caring for the hallowed gym floor. Yadkin County schools were especially competitive in basketball, and our gym was a reflection of that. Students were not allowed to step on the shiny gym floor with street shoes, and we participated in its upkeep. So as work began to build partitions in the gym that would be makeshift classrooms, many of us watching felt a heart-nudge with each nail they hammered into the gym floor.

It was Thomas Wooten's first year as principal. The position took on new meaning as he and Yadkin's Board of Education gathered around the decision-making table. An East Bend graduate himself, Mr. Wooten remembers the scene with vivid detail. "When they called to tell me it was burning," he said, "I went down and, you know how it feels when the bottom of something falls out?" (I remembered well the feeling he described.) "Well, that's the way I felt," he said. "I looked and couldn't believe it, didn't want to believe it. All we had to be thankful for was that nobody was in it."

The fire was on a Wednesday and we were back in school the next Monday. The mobile units in use were insufficient to accommodate both the elementary grades and high school. Wooten laughs when he recalls that his wife, Mary, moved her 2nd and 3rd grade combined class into the girls locker room in the gym. "It was the only classroom that had a bathroom in it!" He also reminded me that even the cafeteria was transformed into classrooms. At lunchtime, he let the high school students carry their trays outside.

Close quarters

Today, you might assume that our school situation would

been an ideal opportunity for crime. But thankfully, we lived in a different world. If anything, we became more protective of the remains of our alma mater, and of each other. After school each day, the basketball teams boarded the one activity bus we had, and we were hauled to Fall Creek Elementary for practice. I can still remember the smell of old lunch in their gym—the gym was also their lunchroom. But we were grateful for the hospitality and a place to practice. We played our games up the road at Boonville High School, when their games were away.

Even though we shared a sense of loss, we found some fun. The close partitions in the gym "classrooms" allowed us to throw spit wads back and forth over the walls when the teachers weren't looking. Even with all the noise, we somehow managed to make out what our teachers were saying in class. But if you chose to, you could easily lose yourself in the class next door. And there was little separation between the high school students and the smaller kids. Mr. Wooten recapped a story I remember about the two high school English classes side-by-side in the library. "Mr. Barnes was giving a test on the same subject that Mrs. Bensing was lecturing on," Wooten recalls. "So he asked her to stop teaching until his test was over."

The business classes shared the Ag building with the shop students, which meant the boys couldn't use saws and such while the other classes were going on.

Mr. Wooten reminded me that the fire destroyed the newly purchased intercom system. So we changed classes when he walked the halls and blew a whistle. He and Mrs. Doub, the school secretary, performed their administrative duties from the small concession stand in the gym.

"Everyone pulled together," Mr. Wooten said.

continued on page 18



It was reported that the flames could be seen 20 miles away in Winston-Salem. Twelve fire departments from surrounding counties joined East Bend's firemen in an effort to put out the blaze.

Area churches offered use of their buildings, but “we buckled down and decided we could make do.” WTOB radio station in Winston-Salem volunteered airtime for announcements. The handmade bricks from the destroyed building were sold for a dollar a brick. Government grants helped replace some essentials, and the Western Electric Company in Winston-Salem loaned typewriters. Our own candy and magazine sales campaigns contributed. One man who purchased some magazines said that he wouldn’t read them, but he’d buy some to help, and to use as kindling.

Moving on

When graduation rolled around, they set up bleachers for the ceremony outside in front of the rubble, and we prayed that it wouldn’t rain. The school chorus, directed by Mr. Norm Barnes, performed. “It was very moving,” recalls Mr. Wooten. “It was the prettiest graduation I’ve ever attended. Just as I pronounced them graduates, the sun set.”

The class of 1964 moved on. The rest of us were let out for summer vacation, hoping that a new school year would unravel the chaos. But as fate would have it, the new building project was too large to complete by fall. Finally, in January of 1965, volunteer carpenters from around the community came with saws and hammers and began tearing down the “classroom” partitions in the gym. Mr. Wooten said that coach Morgan immediately started dribbling a basketball on the gym floor and determined that they did a good job of removing the partitions. There weren’t enough splinters to make much difference. So practice began again on home turf. “It was a happy time for the kids when the partitions came up,” Mr. Wooten said. “It took maybe two hours to move into the new section.” Students carried desks and books to the new locations, while the “Ag boys” ripped out partitions in the other areas.

Three years after the fire destroyed our school building, my class of 1967 was East Bend’s last high school graduating class. That was the year when schools were consolidated in the county, and East Bend would become an elementary school. On June 1, 1967, we graduated from an era that would never return. We walked away from more than a high school—we left a way of life. We would never again meet each morning for devotions in our homerooms. The Glee Club would never travel together to sing at revival meetings and community functions. Our competitive spirits would never unite in victories and defeats.

Adjusting to life without the comrades we’d had for most of our childhoods was not easy for some of us, but all of us learned the lesson of pulling together when we needed to. Debbie Davis, a sophomore in 1964, and Carol Minton, a freshman, went house to house selling candy and magazines to earn money for rebuilding the school. Debbie Davis Gough eventually became principal of East Bend Elementary. After college, my classmate Carol Minton returned to Yadkin County to begin its first kindergarten program and taught in that position until she retired.

The two new high schools, Forbush and Starmount, ushered in a new period of learning and competing. But those



Top to bottom: The stately brick building and hallowed front yard of the East Bend school before the fire. The high school section is on the left, the elementary at the far end, and the auditorium in between.

Debbie Davis (learning to drive) and Carol Minton (homecoming queen in 1966) sold candy and magazines door-to-door in 1964 to raise money for the damaged school. Later, Debbie Davis Gough became principal of East Bend Elementary, and Carol started the county’s first kindergarten.

I was Sandra Hobson, a freshman that year. It was our first year in the high school section.

Tom Wooten was in his first year as the East Bend principal when the fire occurred.

of us who grew and learned during simpler times carried with us irreplaceable life lessons. We may not have benefited from the technology that awaited the new high schools, but we had our discipline and camaraderie. We learned the lesson of pulling together when we needed to. 🍷

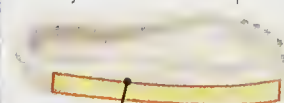
Sandra Miller is a freelance writer in Yadkin County and author of “When Mountains Move,” a memoir.

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SUPER COUPON!

16 OZ. HAMMERS WITH FIBERGLASS HANDLE
PITTSBURGH

SAVE 62%

CLAW LOT NO. 47872
69006/60715
60714

RIP LOT NO. 47873
69005/61262

Item 47872 shown

\$2.99

REG. PRICE \$7.99

49042087

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SUPER COUPON!

US GENERAL 26", 4 DRAWER TOOL CART
LOT NO. 95659
61634/61952

Item 95659 shown

SAVE \$180

\$99.99

REG. PRICE \$279.99

Item 580 lb. Capacity

49054128

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WOW SUPER COUPON

PITTSBURGH AUTOMOTIVE

SAVE \$85

RAPID PUMP® 3 TON HEAVY DUTY STEEL FLOOR JACK
Customer Rating ★★★★★

Item 68048 shown

\$74.99

REG. PRICE \$159.99

LOT NO. 68048
69227/62116
62590/62584

49064871

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SUPER COUPON!

1 TON CAPACITY FOLDABLE SHOP CRANE
PITTSBURGH AUTOMOTIVE

Item 69512 shown

SAVE \$150

\$99.99

REG. PRICE \$249.99

Includes Ram, Hook and Chain

49068254

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SUPER COUPON!

12,000 LB. ELECTRIC WINCH WITH REMOTE CONTROL AND AUTOMATIC BRAKE
BADLAND

SAVE \$300

Item 68142 shown

\$299.99

REG. PRICE \$599.99

LOT NO. 68142/61256
60813/61889

49091750

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SUPER COUPON!

8 FT. 6" x 11 FT. 4" FARM QUALITY TARP
HFT

SAVE 41%

Item 2707 shown

\$6.99

REG. PRICE \$11.99

LOT NO. 2707
60457/69197

49097108

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WOW SUPER COUPON Customer Rating ★★★★★

44", 13 DRAWER INDUSTRIAL QUALITY ROLLER CABINET

SAVE \$340

LOT NO. 68784
69387/62270/62591

\$359.99

Item 68784 shown

AWARD WINNING QUALITY

US★GENERAL PRO • Weighs 245 lbs.

REG. PRICE \$699.99

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WOW SUPER COUPON

FREE

WITH ANY PURCHASE

CENTECH 7 FUNCTION DIGITAL MULTIMETER

ITEM 90899
98025/69096

\$14.99 VALUE

Item 90899 shown

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WOW SUPER COUPON

SAVE \$90

RETRACTABLE AIR HOSE REEL WITH 3/8" x 50 FT. HOSE

CENTRAL PNEUMATIC

LOT NO. 93897
69265/62344

Item 93897 shown

\$59.99

REG. PRICE \$149.99

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WOW SUPER COUPON

NEW

10 PIECE DRAGONFLY SOLAR LED STRING LIGHTS

LOT NO. 60758

SAVE 38%

one stop gardens

\$7.99 REG. PRICE \$12.99

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WOW SUPER COUPON

9 PIECE FULLY POLISHED COMBINATION WRENCH SETS

PITTSBURGH

SAVE 60%

SAE METRIC
LOT NO. LOT NO.
42304 42305
69043 69044

Item 42304 shown

YOUR CHOICE!

\$5.99

REG. PRICE \$14.99

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WOW SUPER COUPON

10 FT. x 20 FT. PORTABLE CAR CANOPY

SAVE \$100

LOT NO. 69034
60728

Item 69034 shown

\$99.99

REG. PRICE \$199.99

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WOW SUPER COUPON

PREDATOR GENERATORS

8750 PEAK/7000 RUNNING WATTS 13 HP (420 CC) GAS GENERATORS

SAVE \$270

Item 69671 shown

• 76 dB Noise Level

LOT NO. 68530/69671
LOT NO. 68525/69677 CALIFORNIA ONLY

\$529.99 REG. PRICE \$799.99

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WOW SUPER COUPON

3/8" x 14 FT. GRADE 43 TOWING CHAIN

• 5400 lb. Capacity

HaulMaster

Not for overhead lifting.

SAVE 55%

Item 97711 shown

LOT NO. 97711/60658

\$19.99

REG. PRICE \$44.99

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WOW SUPER COUPON

HaulMaster 12 VOLT MAGNETIC TOWING LIGHT KIT

SAVE 66%

Item 67455 shown

LOT NO. 69925
69626/67455
62517

\$9.99

REG. PRICE \$29.99

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WOW SUPER COUPON

1.5 HP ELECTRIC POLE SAW

CHICAGO POWER TOOL

SAVE \$35

LOT NO. 68862

• Extends from 6 ft. to 8 ft. 10"

\$64.99 REG. PRICE \$99.99

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WOW SUPER COUPON

29 PIECE TITANIUM NITRIDE COATED HIGH SPEED STEEL DRILL BIT SET

NEW

LOT NO. 5889/61637/62281

\$9.99 REG. PRICE \$24.99

Item 61637 shown

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WOW SUPER COUPON

1500 LB. CAPACITY MOTORCYCLE LIFT

SAVE \$80

LOT NO. 2792
69995/60536/61632

Item 69995 shown

\$69.99

REG. PRICE \$149.99

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WOW SUPER COUPON

12 VOLT, 15 GALLON SPOT SPRAYER

SAVE \$45

Item 9583 shown

LOT NO. 9583/61263

\$84.99

REG. PRICE \$129.99

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WOW SUPER COUPON

1500 WATT DUAL TEMPERATURE HEAT GUN (572°/1112°)

drillmaster

LOT NO. 96289/62340/62546

Item 96289 shown

\$8.99 REG. PRICE \$29.99

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WOW SUPER COUPON

2.4" COLOR LCD DIGITAL INSPECTION CAMERA

CENTECH

SAVE \$80

LOT NO. 67979
61839
62359

Item 67979 shown

\$69.99 REG. PRICE \$149.99

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WOW SUPER COUPON

MECHANIC'S SHOP TOWELS

PACK OF 50

SAVE 50%

LOT NO. 46163
61878/69649/61837

Item 46163 shown

\$9.99

REG. PRICE \$19.99

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Stelth



Jay Hutchins

When Jay Hutchins was enduring 135-degree heat in Kuwait two years ago as a National Guard officer, his thoughts were of his Davie County home. And of building electric motorcycles there.

After getting a Forsyth Technical Community College diploma in automotive technology, Hutchins,

now 42, made a living by working on gas-powered vehicles all his adult life. That included 14 months' service earlier in Iraq before heading to Camp Airfjan in Kuwait to be battalion maintenance officer for the North Carolina National Guard.

But now, contemplating his future after Kuwait, he realized that electric vehicles are "the way we need to be going." A member of EnergyUnited electric cooperative, Hutchins says, "Electric compulsion doesn't pollute the environment. And it saves money." He remembered the hit to his pocket-book when he regularly drove a Ford Focus back and forth to a National Guard assignment three hours from his home: "I was up to something like \$6,000 a year in gas."

An Army buddy encouraged his electric motorcycle dream, but as a career? "My wife thought I was insane."

So Jay taught automotive technology at an Iredell County high school. At night in his garage, he worked on what would become the Lektron Stelth R motorcycle. The Stelth R (for rigid or hardtail style, no suspension) is a green, one-seat bike with a 35-hp electric motor. He entered it into a 2013 online voting design contest. Family members, Army buddies and other friends all over the U.S. came through with thousands of votes. "One guy emailed a vote from Mongolia," Hutchins remembers. The Stelth R won a spot in competition at the famed Sturgis Motorcycle Rally, but the slot was eliminated.

He didn't win a contest, but Jay was determined to move on. He quit his job, formed HutchInnovations LLC, and started working fulltime on a more sophisticated, powerful, cruiser-style bike he calls Lektron Stelth S. The S signifies "softail," or hidden rear suspension, for a more comfortable ride.

An awesome fun ride

The Stelth R, with its 50-mile range at a 90-minute charge, is "a happy bike, a putt-around bike," Jay says.

The Stelth S, however, is serious stuff: a 96-volt battery feeds a 70-hp motor. It goes from 0 to 60 mph in 7 seconds, Jay says, and can get up to 100 mph. Plus, "It's so much more comfortable."

A fast motorcycle without the emissions or the noise

by Hannah Miller

Traveling 35- to 50-mph, he gets 100 miles from a 12-hour charge at a standard 110-volt household outlet. Or six hours if charged at a 220-volt outlet.

"I've ridden it to Mount Airy (80 miles round trip) and back. It's an awesome fun ride," he says.

The bike has a purple and black aluminum body on a steel frame, and a constant velocity transmission that eliminates gear shifting. Its two seats allow you to "take your girlfriend out," he says, and its stereo lets her plug in her phone to hear music.

Both R and S use lithium iron phosphate batteries, considered lighter, cheaper and safer than earlier lithium batteries.

Stelth S's saddlebags are topped with solar panels that feed a 12-volt battery to run lights, gauges and stereo when the main motor is off.

Hutchins, who works with an investor, will custom-make an R for \$24,000 or an S for \$32,000–\$35,000, which he says is in the same ball park as high-end gas-powered bikes like the touring Indian. An Indian with added features can top \$30,000, he says.

Driving 15,000 miles per year, a Stelth S in 10 years' time could save its owner more than \$20,000, Hutchins says. That's figuring gas at \$2.50 a gallon and 1,500-mile oil changes at \$100, for a total of \$23,392, contrasted with \$3,150 for 100-mile battery charges at \$.10 per kilowatt-hour.

Stelth buyers may be able to tap into special funds. The Clean Energy Technology Center at N.C. State University is awarding law enforcement and other public and private entities federal funds to buy vehicles that reduce transportation-related emissions.

Despite the recent drop in gas prices, "I think people are going to continue to switch over to electrics and electric hybrids because of the cleaner emissions," Hutchins says. "The batteries are going to get better, the distances are going to get longer." ☺

Hannah Miller is a Carolina Country contributor who lives in Charlotte.

Rider



Electric motorcycle designer Jay Hutchins of Davie County is not in the least scared by the competition. "Not when I'm offering something they don't," he says.

The Hutchins Stelth S (above) has a 70-horsepower electric motor that can go from 0 to 60 mph in 7 seconds. His Stealth R (far right) is more laid-back, with a 35-hp electric motor.

(Hannah Miller photos)



What else is running out there?

Research and Markets, a prominent business research and reporting service, recently elevated electric motorcycles and three-wheel vehicles to their own reporting category. Explaining its move, the service noted that, among other developments, Harley-Davidson is entering the field and market leaders Zero and Brammo are going global.

In Davie County, motorcycle designer Jay Hutchins is not in the least scared by the competition. "Not when I'm offering something they don't," he says.

Zero and Brammo's offerings, he says, are sport bikes, built around speed and the thrill of the ride.

And a Harley spokesperson says that the company's experimental bike, currently touring the U.S., Europe and Canada, is "definitely a sport bike." It goes from 0 to 60 mph in 4 seconds, and has a range of 50 to 55 mph on one charge.

By contrast, the recently completed Lektron Stelth S is a cruiser that, while speedy, Hutchins emphasizes, is also durable and comfortable on 100-mile rides. "You just sit back and enjoy the ride."

And while Harley-Davidson officials have likened their bike's sound to a jet engine taking off, Lektron Stelth S is "virtually silent," Jay Hutchins says. All the better for listening to that stereo.



CAROLINA COUNTRY
scenes
Photo of the month

Flight Over the Silo

Carol Meade, Shellie Brooks, Terry Brooks and I participated in making the silo photo. Terry piloted the airplane, Shellie located the silo, Carol did the ground communications to the plane, and I made the photo from inside the silo. Terry had to be within 260 feet in order for me to see the airplane. I had 2.4 seconds to get the photo.

Gene Meade, Casar, Rutherford EMC

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2015 photo contest ("Carolina Country Scenes," February 2015). See even more at the Photo of the Week on our website carolinacountry.com.



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Going...Going...GONE!

United States Baseball Legal Tender Coin



Legal Tender
Clad Half Dollar.
Actual size is
30.61 mm

Cooperstown, N.Y.

The National Baseball Hall of Fame and the U.S. Mint have released the **FIRST EVER curved** American coin. This legal tender half dollar was struck in 2014 to honor the 75th anniversary of the National Baseball Hall of Fame and Museum.

First Ever Curved American Coin

The coin's curved design is a first in American history. The outward curving 'tails' side of the coin depicts a baseball—complete with intricate stitching. The inward curving 'heads' side of the half dollar reveals a classic leather baseball glove, with the curve perfectly reflecting the natural shape of a weathered and well-loved baseball mitt. Among the celebrity judges who selected this **FIRST EVER** curved design were Hall of Famers Joe Morgan, Brooks Robinson, Ozzie Smith, Don Sutton, and Dave Winfield. The curved design is like nothing you have ever seen before. You won't believe it when you hold it!

Going...Going...GONE

Public demand for these coins exploded and a number of versions sold out almost immediately. The Baseball Hall of Fame Half Dollar will go down in history as a runaway best seller. But even though the coins are no longer available from the U.S. Mint, you don't have to strike out.

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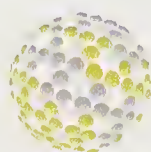
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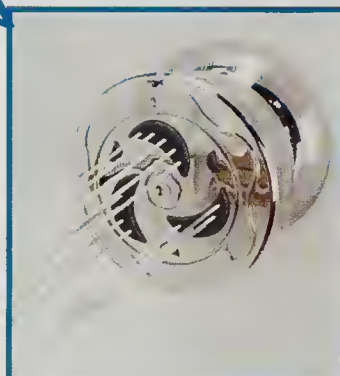
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AGING = PAIN

For many, arthritis and spinal disc degeneration are the most common source of pain, along with hips, knees, shoulders and the neck. In designing the Jacuzzi Hydrotherapy Shower, we worked with expert physicians to maximize its pain relieving therapy by utilizing the correct level of water pressure to provide gentle yet effective hydrotherapy.

JACUZZI® SHOWER = RELIEF



Four Jacuzzi® ShowerPro™ Jets focus on the neck, back, hips and knees and may help ease the pain and discomfort of:

- Arthritis
- Circulation Issues
- Aches and pains
- Neuropathy
- Sciatica
- Inflammation

The Jacuzzi® Hydrotherapy Shower provides a lifetime of comfort and relief... safely and affordably.

As we age, the occasional aches and pains of everyday life become less and less occasional. Most of us are bothered by sore muscles, creaky joints and general fatigue as we go through the day- and it's made worse by everything from exertion and stress to arthritis and a number of other ailments. Sure, there are pills and creams that claim to provide comfort, but there is only one 100% natural way to feel better... hydrotherapy. Now, the world leader in hydrotherapy has invented the only shower that features Jacuzzi® Jets. It's called the Jacuzzi® Hydrotherapy Shower, and it can truly change your life.

For over 50 years, the Jacuzzi® Design Engineers have worked to bring the powerful benefits of soothing hydrotherapy into millions of homes. Now, they've created a system that can fit in the space of your existing bathtub or shower and give you a lifetime of enjoyment, comfort and pain-relief. They've thought of everything. From the high-gloss acrylic surface, slip-resistant flooring, a hand-held shower wand to a comfortable and adjustable seat, to strategically-placed grab bars and lots of storage, this shower has it all.

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WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by April 7 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our May issue, will receive \$25. To see the answer before you get your May magazine, go to "Where Is This?" on our website carolinacountry.com.



March winner

About 70 of you recognized the April photo on the grounds of Cedar Grove United Methodist Church on Wiggins Rd. in Winfall, Perquimans County. Joni Riddick of Hertford told us the steeple was removed from the church last fall after extensive water damage to the church roof. "The steeple will be the center of the prayer garden that should be completed in the near future," she wrote. The winning entry, chosen at random from all correct submissions, was from Ralph Hollowell of Hertford, a member of Roanoke Electric Cooperative.

A D V E R T I S E M E N T

Clogged, Backed—up Septic System...Can anything Restore It?

DEAR DARRYL: My home is about 10 years old, and so is my septic system. I have always taken pride in keeping my home and property in top shape. In fact, my neighbors and I are always kidding each other about who keeps their home and yard nicest. Lately, however, I have had a horrible smell in my yard, and also in one of my bathrooms, coming from the shower drain. My grass is muddy and all the drains in my home are very slow.



My wife is on my back to make the bathroom stop smelling and as you can imagine, my neighbors are having a field day, kidding me about the mud pit and sewage stench in my yard. It's humiliating. I called a plumber buddy of mine, who recommended pumping (and maybe even replacing) my septic system. But at the potential cost of thousands of dollars, I hate to explore that option.

I tried the store bought, so called, Septic treatments out there, and they did Nothing to clear up my problem. Is there anything on the market I can pour or flush into my system that will restore it to normal, and keep it maintained?

Clogged and Smelly – Charlotte, NC

DEAR CLOGGED AND SMELLY: As a reader of my column, I am sure you are aware that I have a great deal of experience in this particular field. You will be glad to know that there IS a septic solution that will solve your back-up and effectively restore your entire system from interior piping throughout the septic system and even unclog the drain field as well. **SeptiCleanse® Shock and Maintenance Programs** deliver your system the fast active bacteria and enzymes needed to liquefy solid waste and free the clogs causing your back-up.

This fast-acting bacteria multiplies within minutes of application and is specifically designed to withstand many of today's anti-bacterial cleaners, soaps and detergents. It comes in dissolvable plastic packs, that you just flush down your toilets. It's so cool. Plus, they actually Guarantee that it restores ANY system, no matter how bad the problem is.

SeptiCleanse® Shock and Maintenance Programs are designed to work on any septic system regardless of design or age. From modern day systems to sand mounds, and systems installed generations ago, I have personally seen SeptiCleanse unclog and restore these systems in a matter of weeks. I highly recommend that you try it before spending any money on repairs. SeptiCleanse products are available online at www.septicleanse.com or you can order or learn more by calling toll free at 1-888-899-8345. If you use the promo code "DARNC10", you can get a free shock treatment, added to your order, which normally costs \$169. So, make sure you use that code when you call or buy online.

Remember.



My sister and I are on the left, with my cousins and aunts also enjoying their Easter outfits.

Our store-bought Easter dresses

No matter how hard the times were in the 1950s, when Easter came, my sister and I were going to have an Easter outfit. It might have been handmade by Mama, but it would be washed, starched and ironed to perfection.

This year our smiles were larger than usual, because our dresses were store-

bought with hats to match. Mama and I had gone into the pasture, picked large buckets of blackberries and sold them to a local store. Then we went to Monroe and shopped in the basement of Newberry's. There in the middle of the rack of clothes were our perfect Easter dresses, and hats to match. My parents couldn't afford new shoes, but that didn't keep Mama from polishing what we had, over and over, with black shoe polish.

Our dresses had large hems, so Mama was able to lower the length for several years, and we were able to see many Easters wearing the same dresses.

Phyllis F. McManus, Monroe, Union Power Cooperative

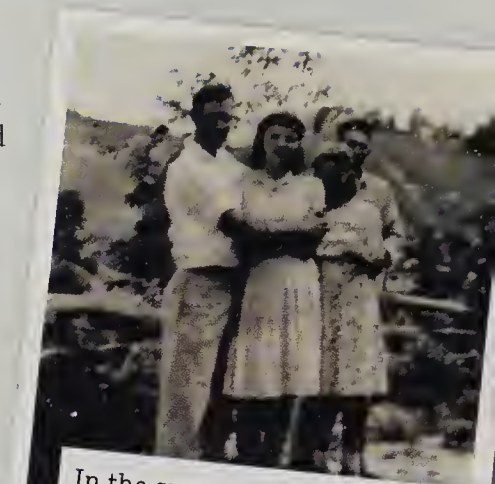
Those tight Easter dresses

My mother exchanged hooked rugs for used clothes. One year she received a box of beautiful dresses. My girlfriend and I each picked one to wear for Easter. They were tight, so we went on a diet. By Easter they fit us perfectly.

So we ate a big breakfast and began snacking on boiled eggs, cookies and candy. Mom cooked a good dinner. We ate so much my zipper ripped out, and my girlfriend's dress ripped down the side. We had to put our everyday dresses back on. We couldn't go visiting that evening. We took boiled eggs, cookies and candy and went up on the hill and ate all evening.

Later that summer we lost enough weight to wear the dresses, mended by then.

Viola Ward, Banner Elk, Blue Ridge Electric



In the summer of 1943, my girlfriend and I finally could fit into the dresses we got for Easter that year. My boyfriend and I are in front, and she's with her boyfriend.

April Violet

It was in April after Easter when the cherry trees flowered in white and the greening grass was sprinkled with wild violets. As morning light rose over the opposite mountain and flooded my room, I thought, "Today may be the day to see a foal born." I walked up to the pasture where the mare grazed, a tall beauty, my head just below her ears, and I cooed to her. I slid my hand along her rump and gently moved her tail to one side. She was steady, not skittish. She looked so ripe, ready to go, so I announced, "She'll foal tomorrow."

What did I know? It was Hite who should have known because, just two months before, Trixie had been his mare. Hite was born to generations of mountain loggers and horse-men, but he would never ride again. He had worked a stand of wood in Avery County when the tree he cut took its revenge and exploded back into his groin, shattering his pelvis, partially cutting an artery. Thank God his brother Steve was there to bind the bleeding and call emergency. A copter took him to Johnson City Hospital in Tennessee. After multiple surgeries and rehab, Hite would walk, but he would never again ride Trixie. He brought her here as a gift. If I liked her foal, I could buy it.

Over two months, Trixie and I became friends. I massaged her along her spine that day. She must have liked it because as I was finishing she turned with her ears up and spoke to me with her eyes. I knew she would foal the next day.

At 7 a.m., when I walked up to the barn, I heard a new sound — whinny, whinny — the first time Trixie had called out to me. Then I saw on the ground a wet dark heap struggling to stand on spindly legs. It would attempt to straighten up, then fall, then try again, gaining each time until it was finally upright on wobbly legs. She was a filly!

I named her April Violet.

Maryrose Carroll, Vilas, Blue Ridge Electric



Fun with Janet

With all my cousins there were so many of us Mitchells growing up on a dirt road in Wayne County they named the road Mitchell Road. I loved all my cousins.

My cousin Janet and I once got one of my Daddy's old tobacco trucks and fixed it up so we could camp in it. We put a top on it and curtains and camped out. By 10 p.m. we were through camping out. We went into the house and cooked chicken pastry. Boy, was it good!

Janet had a heart attack seven years ago and passed away. We were real close, and I still miss her.

Doris Burroughs, Mount Olive, Tri-County EMC



This is a picture of Janet and me hanging around on William Street in Goldsboro. Janet is the one standing beside my car. I am all stretched out on the hood.

How I got to college

After my junior year in high school, I needed only 1½ credits to graduate. Wingate Junior College (now University) offered summer school, so my mother cashed in my \$90 life insurance policy to pay my way.

Miss Mary Jo Dickson taught senior English and in summer oversaw the library. Knowing I wanted to attend college but had no money, she arranged for me to work in the lunchroom and library. She also arranged for me to deliver the afternoon newspaper.

Each morning, I opened the lunchroom at 4 a.m. and started a fire in the wood stove. Ma Spittle, the lunchroom manager, would arrive. I helped cook breakfast and ran the dishwasher before leaving to open the library. At noon, it was back to the lunchroom, then the library until time for my bike route. Then back to the lunchroom for supper and the library until it closed.

I took a full load of freshman classes. Most were easy, but chemistry was impossibly difficult. My professor, a first-year college teacher, did his best. Others may have learned; I never did. Finally, he offered to tutor me. After the first session, he asked, "Now, Richard, do you understand?" "No, sir. I don't." "Well, come back tomorrow." I visited his house trailer almost every day but never passed a single test. Out of kindness (or maybe so he could have a social life), he gave me a passing grade.

I have a Ph.D. today. Miss Dickson, professor Reid and Ma Spittle helped make that possible

Richard C. Culyer III, Hartsville, S. C., Pee Dee EMC

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We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

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6. Include your name, mailing address and the name of your electric cooperative. Also, your phone number or e-mail address in case of questions.
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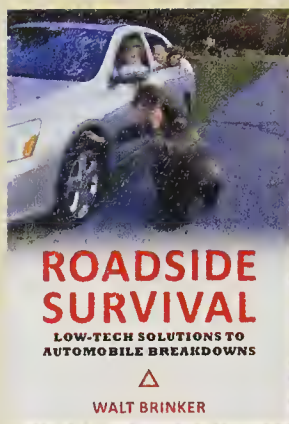
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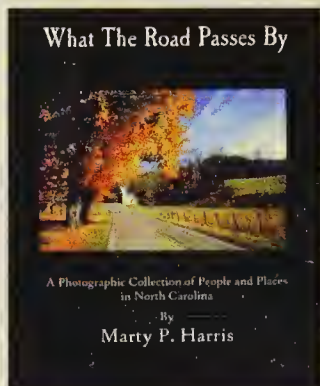
**Roadside Survival**

This collection of practical, low-tech wisdom and advice is gained from more than 2,000 free-of-charge roadside vehicle assists the author has performed as a hobby. Cumberland County resident Walt Brinker's content is based on hands-on experience, not theory. He believes that motorists can lower their chances of a breakdown and being stranded by using simple concepts, tools and techniques. He points out that most

vehicle breakdowns don't require a mechanic and being proactive helps prevent being stranded with no bathroom, no water or food, being too cold or too hot and encountering predators.

His solutions aren't meant to be permanent repairs. Rather, they enable a driver to drive his or her disabled vehicle to a facility that can fix the problem. Discussion of tire-related reasons (the most common cause for needing assists) follows the chapter on safety. The remaining chapters discuss running out of gas, engines overheating, engines cutting off and being locked out of vehicles. The book includes 56 illustrations. Brinker's anecdotes and captions illustrate and reinforce his concepts and techniques. This book also inspires readers to help others (see the "Win-Win Hobby" chapter). The author's website includes free roadside advice. Softcover, 95 pages, \$14.95.

roadsidesurvival.com

**What The Road Passes By**

When was the last time you read about someone who walked more than 1,600 miles across North Carolina? This photographic collection of people and places in North Carolina is an engaging blend of humor, skill and beauty. Author, backpacker and photographer Marty P. Harris' artistic visual eye presents a variety of pictures, such as a couple in a

haunted house, people who call Green Swamp home, a dowsing, moonshiners, a peanut boiler, car collector, watercolorist and a woman hoeing taters, along with images of little known places such as Crusoe Island and Bandana, and photos of specific items such as an old gas pump, a cobweb and seagulls.

Also captured are insightful oral views of some of his subjects. Harris actually made his backpacking trip from 1987-1991. (Older readers may recall that Carolina Country magazine published some of his photos from the trip in May 1998.) After some uphill challenges, Harris got his book published. The original layout is by Addison Book Publishing Company. Softcover, \$26.82, 134 pages, 116 color photos.

In addition to Amazon, the book can be purchased in select bookstores including GG's in Statesville, Diana's Bookstore in Elkin, The Dancing Moon in Boone, Main Street Books in Davidson and Pages Books & Coffee Shop in Mount Airy.

amazon.com

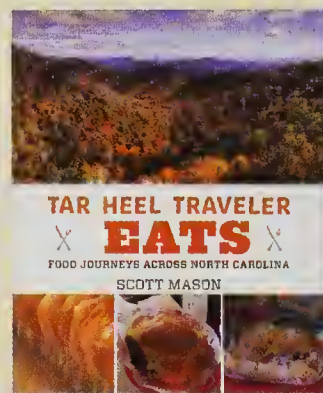
**Waterfalls & Wildflowers in the Southern Appalachians**

Naturalist Tim Spira's hiking guidebook links waterfalls and wildflowers in a spectacularly beautiful region famous for both—the southern Appalachians. Leading you to gorgeous waterfalls in Virginia, North Carolina, Tennessee, South Carolina and Georgia, the book includes many hikes in the Great Smoky Mountains National Park and along the Blue Ridge Parkway.

Spira introduces hikers to the "natural communities" approach for identifying and understanding plants within habitats they occupy, equipping hikers to see landscapes in a new way. Each of the 30 hikes includes a detailed map and GPS coordinates, trail description highlighting plants you are most likely to see as well as birds and other animals, an associated plant species list and detailed descriptions of the 125 key plant species. A biology professor at Clemson University, Spira also includes color photographs of each destination waterfall and the 125 plants. "Waterfalls & Wildflowers in the Southern Appalachians" is softcover, 304 pages, \$24. E-book is \$23.99.

(800) 848-6224

uncpress.unc.edu

**Tar Heel Traveler Eats**

WRAL TV reporter Scott Mason serves readers a mix of oral history and memoir doused with a dose of quirky humor in this celebratory look at eateries and people in North Carolina. This Tar Heel Traveler, who journeys across North Carolina profiling colorful characters and out-of-the-way places, reveals culinary secrets and treats at some of the

state's finest Mom-and-Pop restaurants.

Mason expands some of his most popular TV stories here, telling about ramshackle stands and hole-in-the-wall joints, hot hog and barbecue eateries and ice cream parlors. He peppers descriptions with dialogue and details, including stories about how the beloved places began. "Tar Heel Traveler Eats: Food Journeys Across North Carolina" is published by Globe Pequot Press. Hardcover, 167 pages, \$20.

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Can all-new women's only hair system regrow thicker fuller hair? Clinical results say yes!

If you think hair loss only affects middle-aged men, think again.

It is reported that over 30 million women in the U.S. have some form of hair loss and the problem isn't going away...

There's a number of reasons why hair loss in women is now increasingly more common: hormone changes, low iron levels, fad dieting and certain medications can take their toll. Genes also play a large role—hair loss can be inherited. If a woman's mother has thin hair then chances are exceedingly greater for the daughter to suffer as well. Luckily scientists and dermatologists have found some answers to this unfortunate problem.

The suffering is real. "In our culture, thick beautiful hair is bound up in notions of womanhood and sexual attractiveness. Plus, we live in such an appearance-driven society that our looks often become one of the largest factors contributing to our self esteem," said leading psychologist Dr. Linda Papadopoulos. We all have about 100,000 hairs on our head. And everyday we naturally lose between 50 to 100 strands.

The good news is that effective treatment for hair loss is easier than ever to find. You just need to know where to look.

Over 30 million American women will experience hair loss in their lifetime. It's a devastating and painful experience. But you can do something about it, if you act in time.

Many hair regrowth formulas are intended for men. But be sure to use only the formulas that are researched to be effective for women. And as always, the sooner you do something about it the better chance you have at getting luxurious hair.



The Keranique Complete Hair Regrowth System contains a hair treatment that is actually the only FDA-approved ingredient that's clinically proven to fight hair loss and actually re-grow women's hair.

Why Are Millions of Women Losing Their Hair?

It's an epidemic that's rarely talked about, but its effects are devastating. If you're one of the 30 million women suffering from the heartbreak of hair loss or thinning hair, every day is a nightmare.

A Growing Problem

Up until now, hair loss was a topic reserved only for men. It seems that it's okay for men to lose their hair. For women, it's a different story.

Breakthrough Treatment for Women Only

After years of research, we've developed a complete therapy that promises to change your life forever.

Keranique is a unique rejuvenating hair treatment system that's specially formulated for women only. And there's nothing else like it.

Specially Formulated to Stop Hair Loss and Re-Grow Hair

Keranique contains a hair treatment that is actually the only FDA-approved ingredient that's clinically proven to fight hair loss and actually re-grow hair.

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Works With Your Own Biochemistry

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Clinical Results Prove, Keranique Regrowth Treatment Works

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A bunny and a man ahead of their time

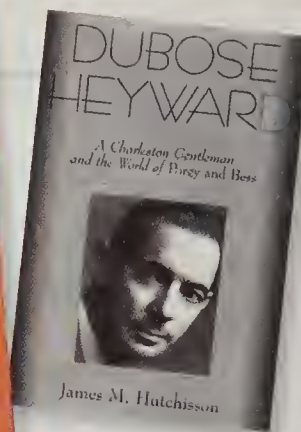
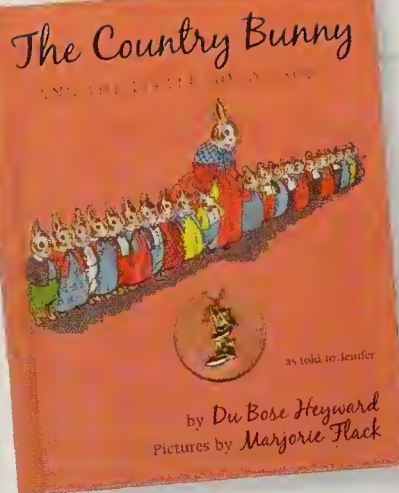
"The Country Bunny and the Little Gold Shoes" first published in 1939, is about a brown, female country bunny who competes and wins against slicker-looking, mostly white, male bunnies for the coveted role of Easter Bunny. The story is delightful and surprising for two reasons:

1. the country bunny is an Afro-feminist heroine.
2. a white male southerner wrote the book in the late 1930s.

Influences on the author

What influenced writer DuBose Heyward to create this story? One answer is that Heyward defined his literary career by creating black (and often female) characters with strength and integrity. He was from an aristocratic Charleston family and Gullah (learned from servants) may have been his first language.

He achieved fame from his novel "Porgy" (1925) and then again after his hugely successful Broadway musical,



"Porgy and Bess." In 1939, the Hendersonville resident published this sweet children's story he had made up for his daughter.

Also, developments in the 1930s may have encouraged southern writers to expose fissures in the culture of segregation. At any rate, Heyward was a sensitive man ahead of his time.

Source: collectionsconversations.wordpress.com

"The Country Bunny and the Little Gold Shoes" is illustrated by Marjorie Flack and published by Houghton Mifflin Harcourt. A softcover edition sells for \$6.95 at hmhco.com.

"DuBose Heyward: A Charleston Gentleman and the World of Porgy and Bess" examines the man behind his creations. This biography by James Hutchisson is published by University Press of Mississippi. A hardcover edition sells for \$30 at www.upress.state.ms.us

Hey, teachers!

Contest seeks creativity in recycling cartons for garden

Evergreen Packaging and KidsGardening.org are on the lookout for creative, sustainable uses for recycled milk and juice cartons in the garden. A new contest has K-12 teachers encouraging their students to collect, design and construct garden-related structures made from empty cartons and to document their experience.

Get started by collecting cartons and by requesting an entry kit, which includes free seeds, plant markers, posters and activities. Cartons can be collected from home, the community and the school



lunch program. Four national winners will receive prizes valued at \$2,500. Sixteen winners from eight different regions will receive award packages valued at \$1,000.

Deadline: Wednesday, April 22

Rules: tinyurl.com/phcov45

Video showing past creations: tinyurl.com/ofu2ors



Discovery Place sites offer low-cost access

Discovery Place recently launched Welcome, a new program that provides low-cost access to families with Electronic Benefit Transfer (EBT) and Women, Infants and Children (WIC) cards.

Welcome cuts admission to \$1 per person for families. The discount is good for up to six family members. Guests can present their EBT or WIC card at Admissions at Discovery Place and Charlotte Nature Museum, both in Charlotte, and at Discovery Place KIDS-Huntersville and Discovery Place KIDS-Rockingham.

Contacts

(704) 372-6261 for discoveryplace.org, charlottenaturemuseum.org, and huntersville.discoveryplacekids.org
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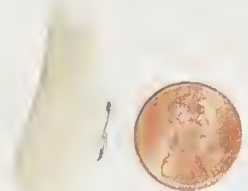
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'Rocket City' is an extended blooming daylily.

Daylily nights

Daylilies are so named because their lily-like flowers open early in the morning, spend the day basking in beauty, and then fade away as evening approaches.

But exceptions exist: night-blooming daylilies. This term might seem like an oxymoron conjured up from the realm of science fiction, but such plants are real—and they are very pretty oxymorons.

There are actually three types of night-blooming daylilies, all of which are listed below, along with a few cultivar examples that can be found either at local garden centers or online. So, grab a flashlight and enjoy!

Extended (often abbreviated “Ext.” in catalogs) Cultivars in this group unfurl early in the morning like regular daylilies, but their flowers remain open for 16 hours or more, meaning well past dark, even on the longest days of summer. The popular ‘Stella d’Oro’ with bright yellow flowers is the poster child for extended daylilies, but it has plenty of pretty company, including ‘Happy Returns’ (yellow blooms), ‘Rocket City’ (orange with reddish-orange throat), ‘Rosie Meyer’ (bright red petals with gold throat) and ‘Joan Senior’ (pale white with light yellow throat).

Nocturnal (“Noc.”) These true daylilies of the night have blossoms that open late in the day and last deep into the dark. ‘Citrina’ (also sold as *Hemerocallis citrina*), with its fragrant, butter yellow blooms is one of the better known nocturnals, and there are many more, including ‘Lady Grosvenor’ (cream-pink), ‘Pardon Me’ (flashy red with greenish-yellow throat) and ‘Flames of Fortune’ (apricot).

Extended Nocturnal (“Ext. Noc.”) As advertised, they are night-blooming daylilies that stay in flower at least 16 hours, meaning their blossoms will still be open to salute the rising sun and early morning. The popular ‘Black Eyed Stella’ (yellow with reddish throat) is probably the easiest to find in this group, but other similar beauties worth searching for include ‘Bone China’ (white with greenish-yellow throat), ‘Three Seasons’ (pale yellow) and ‘Misty Isle’ (light salmon pink).

To Do's in the Garden

April

- ▶ The middle to the end of this month should be prime time to begin planting the veggie patch with warm-season edibles such as tomatoes, watermelons, cucumbers, green beans and squash.
- ▶ Azaleas, camellias, laurels, rhododendrons and wisteria are early spring bloomers that can be pruned after their flowers are spent. It is also a good time to fertilize these ornamentals to prepare them for next year's flower show.
- ▶ If your azaleas, gardenias, hydrangeas, magnolias or rhododendrons have begun to look sickly with yellow leaves streaked by green veins, it could be a sign of iron chlorosis. This disorder can be cured with a light application of Epsom salt around the base of the afflicted plant.
- ▶ Go easy on applying excessive nitrogen to plants such as blackberry, cotoneaster, pear, apple, quince, raspberry and pyracantha, as new growth that develops too quickly will be susceptible to fire blight.

May

- ▶ It is gladioli planting time! The best location for the corms of these beauties is in a well-drained, sunny site protected from the wind. If the rains don't come, water weekly after the spikes pop out of the ground. Summer-loving cannas, caladiums and dahlias can also be planted now.
- ▶ Have a constant need to feed your plants? Add nutrients at a controlled, safe rate by watering with compost tea or diluted fish emulsion once a month.
- ▶ With the heat beginning to build, the season of cool-season vegetables such as broccoli, collards, lettuce, spinach and kale is ending. Remove spent and bolting plants to provide more room for summer veggies.
- ▶ Want sweet rather than bitter cucumbers? Mulch the plants and put them on a regular watering schedule. Also, cukes don't store well on the vine, so pick early and pick often. 🍉



Tip of the Month

Have an ugly wire fence? Want a summertime privacy screen? Do the rails on your deck need dressing up? If your answer is “yes” to any of these questions, the solution might be found at your friendly local garden center. Now is a good time to plant any of the many fast-growing, flowering annual vines such as moonvine, morning glory, cardinal climber, scarlet runner bean, Spanish flag, cypress vine and purple hyacinth bean. All of these vines can be grown from seed, but for quicker coverage, consider buying young plants, if they are available.

L.A. Jackson is the former editor of Carolina Gardener Magazine. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com.



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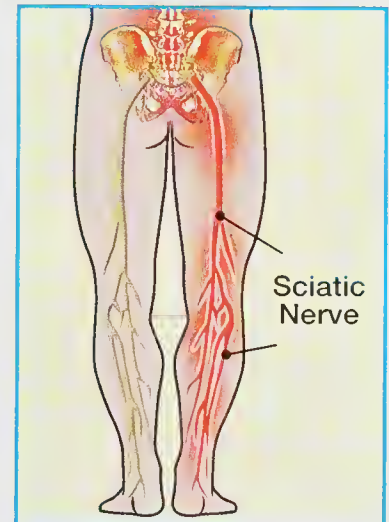
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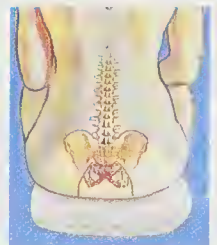
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Bringing your dog along

Tips help road trips go smoothly for you and your best friend

Heather Loenser, DVM, knows firsthand the joys and challenges of traveling with her dog. She and her family recently adopted a year-old Border Collie named Calvin.

“As a new dog in our house, Calvin is experiencing some separation anxiety, so we don’t want to board him or leave him with a pet sitter,” Dr. Loenser explained. “Even though he suffers from car sickness, when the family goes on vacation, Calvin comes with us.”

Dr. Loenser is often called upon to help her clients prepare for vacations with their dogs.

Her top five travel tips are:

■ Consider car safety

When it comes to car trips, practice safety first. In some states, it is illegal for dogs to ride unrestrained in a vehicle. It’s not illegal in North Carolina, but the N.C. Department of Transportation recognizes that pets can be a distraction and advises they be in a carrier. If you prefer to consider vehicle restraints, the Center for Pet Safety tests vehicle restraints for dogs. Their recommendations can be found at www.centerforpetsafety.org.

■ Be a considerate guest

Whether at a pet-friendly hotel or at the in-laws’ house, not everyone will love your dog as much as you do. Make sure your dog is well-groomed and don’t forget canine etiquette. A quick refresher course in the basics commands: sit, down, stay, quiet and come will help make your dog welcome wherever you go.

■ Take first aid

Accidents happen; be prepared with a mobile app offered by the American Red Cross. It contains veterinary advice for everyday emergencies, interactive features and a locator for American Animal Hospital Association-accredited hospitals across the nation. Download the app at: www.redcross.org/mobile-apps/pet-first-aid-app.

■ Avoid dietary changes

Stay as close to their regular feeding schedule as possible and avoid giving extra treats or different types of foods that may upset his or her stomach. Dr. Loenser suggests giving regular meals in a food dispensing toy, which will also help use up some stored energy from the trip.

■ Motion sickness

One of the main reasons dogs get left behind is, like Calvin, they suffer from motion sickness. “My clients often try over-the-counter remedies first,” Dr. Loenser said. “However, OTC products are not

very effective and have a sedative effect that can be unpleasant for the dog.” She advises dog owners to talk to their veterinarians who can help find a solution for their dogs’ car sickness. “I prescribe an FDA-approved medication for dogs called Cerenia* to prevent vomiting due to motion sickness in my canine clients 16 weeks and older — and Calvin.”

**Note: Safe use has not been evaluated in cats and dogs with gastrointestinal obstruction, or those that have ingested toxins. Use with caution in dogs with hepatic dysfunction. See full prescribing information at cerenia.com.*

—FamilyFeatures.com



Dog-friendly lodging and attractions

For a list (city or town) of dog-friendly hotels, motels and B&Bs, and attractions such as parks and beaches in North Carolina, visit <http://hotels.petswelcome.com/north-carolina> and bringfido.com/attraction/state/north_carolina

Protect your phone

Protect your smartphone from theft while on vacation

The kids are out of school and you've been stockpiling your vacation time for months. It's prime time to hit the road (or skies) for a well-deserved getaway. But before you dust off your suitcase, take some time to assess the protection of one of your most valuable travel tools—your smartphone.

Your personal travel guide

A recent survey conducted by Asurion found that 77 percent of travelers say their phone is either “very” or “extremely” important to have while traveling. In fact, 46 percent of those surveyed revealed they use their mobile phone to research vacation information such as destinations and deals. Other popular uses include booking transportation tickets, making dining reservations and using travel-related apps.

Before heading out

It's easy to see that smartphones can be critical. Consider these tips before heading out:

- Use a good screen protector and invest in a quality cover or case. This is an easy and inexpensive way to prevent scratching, cracks and other external damage.
- Invest in mobile protection for your phone to safeguard your family from problems associated with a lost, stolen or damaged cellphone. Asurion (Asurion.com) is among companies that offer



mobile phone protection.

- Plug the phone charger into a power surge protector.
- Password-protect your phone. If it is lost or stolen, it will be your first line of defense against identity theft.
- Install an anti-theft application on your child's device to locate or lock it and wipe data.
- Back up your child's phone regularly to recover pictures, music and contacts quickly.

Likely locations for theft

Protecting your phone also includes keeping it from thieves. When Asurion asked smartphone users where they

experienced the theft of their device, the most common settings included these locations:

- Restaurant or bar
- Street or sidewalk
- Store or mall
- Parking lot
- Public transportation

Prevention tips

There are several steps you can take to reduce the risk of smartphone theft, including the following:

- Keep the phone in a pocket or purse where it will be out of site.
- Use a Bluetooth device to be able to keep the phone safely tucked away.
- Use headphones when listening to music.
- Password-protect the phone.
- Be aware of surroundings in public. Focusing on texting, email, social media or any other mobile application puts users at risk.
- Have an application that will remotely lock the smartphone and wipe the data if necessary.
- Don't set a smartphone out on a table.



Password-protect your phone. If it is lost or stolen, it will be your first line of defense against identity theft.

—FamilyFeatures.com

The smart budget traveler

Planning ahead expands your options while saving you money

Whether you are venturing around the world or road-tripping across North Carolina, traveling smart is a must if you want to get the most out of your vacation without spending more.

According to a Bank of America survey, nine out of 10 Americans think they are smart travelers, but only 54 percent are planning their vacation itineraries in advance. What's more, only 38 percent use credit card rewards to help offset costs of their travel expenses.

Travel Channel host Samantha Brown helps Americans raise their travel budget IQ. Smart travelers will plan their itinerary in advance, alert their credit card company (especially if you're traveling overseas), send loved ones their travel itinerary and contact information, and apply for TSA pre-check to get through airport security faster. If you are heading overseas, check to see if your credit card waives foreign transaction fees.

Leverage social media

Once your itinerary is booked, Brown advises travelers to use social media and start following your airline and hotel, your destination city and sites you plan to see. They'll send you deals directly, along with great advice on what to do in the area.

Jump on flight deals, lodging perks

One of Brown's favorite tips: jump on flight deals when you see them. "If you see an airfare that's within your budget, book it. Don't wait. You could spend a lot of time and energy looking for a cheaper fare that in the end saves you 20 bucks," she says.

Brown also recommends choosing hotels that offer free hot breakfasts and a small kitchenette in the room. Another idea: pick a destination where your family or friends live, so you have a place to stay, a method popular among millennials (those born in the years from the early 1980s to the early 2000s).

Credit card rewards

It's important to make sure that your credit card rewards you for everyday purchases, the rewards don't expire, and it has the flexibility to allow you to use the points you earned to cover all or part of your hotel and transit. For example, the BankAmericard Travel Rewards credit card lets you use your points on fares, hotels and many other travel-related activities. For more information, visit bankofamerica.com/creditcard

Negotiate at food markets

Creamy Italian gelato? Spicy red curry? Besides lodging, food and beverage are the biggest travel expenses, particularly for millennial adventurers. In exotic locations, explore a local marketplace. Depending on the country, you can sometimes haggle food prices. Don't be afraid to try.

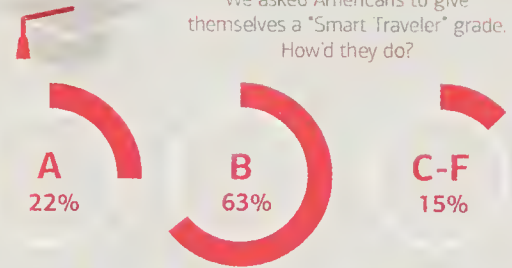
—FamilyFeatures.com

Are you a Smart Traveler?

9 out of 10 Americans consider themselves Smart Travelers... but how savvy are they really?

Top of the class

We asked Americans to give themselves a "Smart Traveler" grade. How'd they do?



Smart Travelers think they know their stuff but...

Even informed travelers may not be aware of their credit card fees and benefits.

- 36% Don't know if their card has foreign transaction fees
- 27% Don't know how many Travel points/miles they have
- 21% Don't know if their card has a smart chip



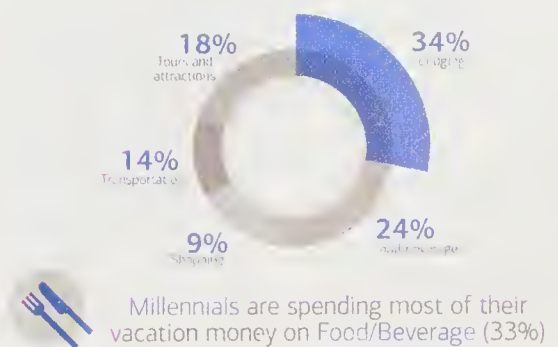
Get set before you go

Some of the top ways Americans are preparing for vacation include:



The travel bill

The American's top travel expenses are:



Smart travelers save money

The top ways Americans are saving on travel:

- 1 Pre-planning vacations months in advance
- 2 Traveling during off-peak seasons
- 3 Utilizing websites that offer discounts

Only 38% use credit card points to offset costs



Vintage looking photos illustrate Graves' use of apps like Hipstamatic.

The smartphone trip

Tips for using mobile technology on the road

By Russell A. Graves

For the past two decades, I've made a living as a professional writer and photographer, traveling back roads in search of great stories to tell. I'm always searching for the latest technology that will make me more productive and efficient. Smartphones make trips much easier and more spontaneous.

Mapping and directions

With my iPhone, I have a built-in GPS mapping program that I use to plan trips. Once on the road, the same device gives me turn-by-turn directions. It provides the quickest route to my destination and also recommends off-the-beaten-path routes.

I also prepare by storing an automobile insurance card on my phone, along with a gas-tracking app that helps me identify the cheapest fuel stops and a customized playlist to play my favorite traveling songs.

I also check out Wikipedia on my phone's browser. The Wikipedia mobile site is GPS-enabled and will suggest articles about nearby points of interest.

Still and video cameras

Another way smartphones excel is as both a still and video camera. For photography, the in-phone camera app is the best place to start. The phone I use has settings for standard images in the 4:3 format and square format, and

includes a panorama setting. I use the panorama mode to take wide-angle shots from the road and to capture the broad vistas that smaller formats can't.

While the standard camera settings are fine for most uses, I often use apps that give pictures a vintage feel. Hipstamatic is my favorite app—it adds cool, artistic embellishments.

There are several other apps available in Apple, Android or Google formats that add effects like filters, filmstrip borders, frames, light leaks and other embellishments to photos.

One of the greatest tricks that a smartphone camera performs is embedding GPS information in each picture. You can rely on any one of several low-cost photo-management software solutions to extract the GPS locations and pinpoint them on a software-generated map. These maps save the key points of a trip and help you relive memories later.

Smartphones also are equipped with high-definition video cameras that offer the ability to shoot slow motion,

use apps to record video with a vintage 8mm look and do on-the-fly editing along with seamless posting to social sites like YouTube or Facebook.

Make a note of that

You easily can use the notes or audio memo app on your phone to speak and record your thoughts. Recording an audio memo is just like it sounds: You talk to the phone and it records your voice.

Apps such as Dragon make trip journaling easy. Using voice-recognition capability built into your phone, you can speak to the phone, and the software transcribes speech to text on the screen. When you get home and you are ready to put your notes with photos or videos, it's easy to email your notes, edit them in word-processing software and then copy and paste them into a book layout or any other presentation method.

The bottom line: Smartphones are a great tool for road trippers. 📱

Photographer and writer Russell A. Graves is based north of Childress, Texas.

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on a two-year contract!”** Not Jitterbug, there's
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Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy ¹	30 days	30 days

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Finding an energy-efficient rental

Q: I am living in a rental home with very high utility bills and plan to move soon. What can I do to make sure my next rental has more affordable bills?

A: This winter in North Carolina gave us record-breaking cold temperatures. It can often feel hopeless to rein in high utility bills and improve comfort when you don't own the place where you live.

Being proactive is the best way to ensure affordable utility bills. When buying a new car, miles per gallon is a consideration in the long-term affordability of the vehicle. When you rent or purchase a home, ask the landlord, previous tenant or utility services what was spent on utilities in the last year so you can make an informed decision. Another option is asking neighbors who live in similar units about their annual utility expenses.

When walking through the apartment, take note of a few features:

- **Heating and cooling** — 30 to 50 percent of all household energy expenses are for heating and cooling. Newer systems are often better. Finding an Energy Star logo on the outdoor unit of a heat pump or a window air conditioner is a good sign.
- **Windows** — If they are single pane with metal frames, run for the hills. Look for double pane windows with wood or



Look for double pane windows with wood or vinyl frames that close and latch securely.

vinyl frames that close and latch securely. Storm windows over single pane windows are OK.

- **Insulation** — If the unit was built in the mid-1970's or later, it probably has insulation, which will mean lower heating and cooling costs. Peek into the attic or crawlspace to confirm. Manufactured housing was routinely insulated starting in the mid-1990s.
- **Water heating** — The average U.S. household spends 18 percent of its energy costs on water heating. The U.S. Department of Energy recommends residential water heaters be set to 120 degrees Fahrenheit to maximize savings.
- **Refrigerator** — Open the door and look on the inside wall panels for the Energy Star logo. Knowing the approximate age or model number of the refrigerator will give you enough information to use the online Energy Star Refrigerator Calculator to find the annual cost of operation. Energy Star or even newer refrigerators can save you \$10 to \$100 per year.
- **Dishwasher** — Open the door and look for the Energy Star logo on the narrow top edge. If the dishwasher is from 1994 or prior, you could be paying \$40 extra per

year to operate this dinosaur.

- **Washing machine** — Front-load and top-load washing machines without an agitator are often Energy Star. They use four times less energy than those manufactured before 1999 and will save a substantial amount of water.
- **Lighting** — Look for fluorescent or LED lighting as opposed to incandescent bulbs that use three times more electricity and last for months rather than years.
- **Water fixtures** — Faucet efficiency measured in gallons per minute (GPM) is engraved on the rim of sink faucets and showerheads. 2.5 GPM showerheads and 1.5 GPM bathroom faucets meet current building codes but more efficient WaterSense-labeled fixtures are even better. Look on the underside of the toilet tank lid to see if it is ancient and uses 6 gallons per flush (GPF) as opposed to new toilets that use 1.6 GPF. 🏡

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

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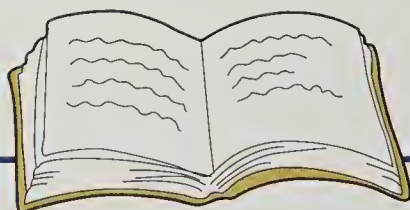
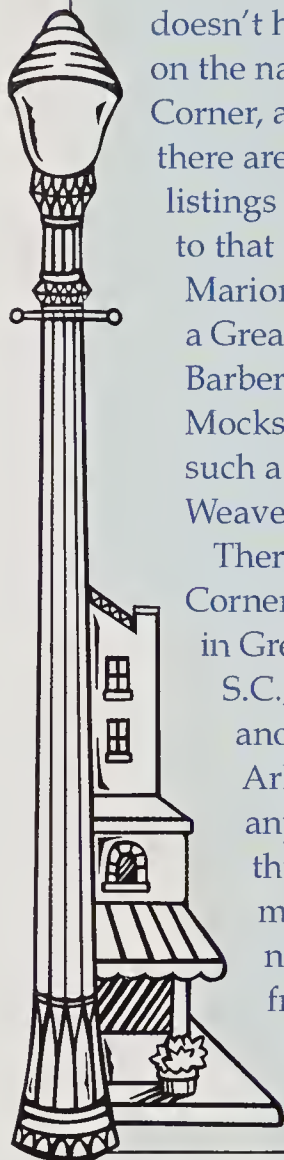
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Greasy Corner

North Carolina doesn't have a corner on the name Greasy Corner, although there are seven listings related to that name in Marion, as well as a Greasy Corner Barber Shop in Mocksville, and such a corner in Weaverville.

There is a Greasy Corner community in Greenville, S.C., and another one in Arkansas. If any reader of this can tell me where the name came from I am interested in knowing.



DAFFYNITIONS

Cast overboard from distressed boats, **jetsam** sinks but **flotsam** floats.

A graduate is one who has stood the time of tests.



Can you rearrange the order of these six North Carolina counties so that their first letters spell out the name of a seventh county in our state?

Alamance Guilford Nash
Orange Sampson Tyrrell

Miss Fitts

What is the name of the bird in "The Rime of the Ancient Mariner"?

Albert Ross?



UNSCRAMBLIT

— — — — —
c a s e r s l r m a b

Mountain, elevation 2,694 feet, provides views of downtown Asheville and has three main roads that tunnel through and go over the mountain.

Use the capital letters in the code key below to fill in the blanks above.

A B C E H R T U means
s c r a m b l e

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APPEAR(23)	PEAR(14)	EVER(12)	CAVE(15)	CAFE(14)
FIVE(17)	PRICE(26)	FIENCE(24)	RICE(18)	

For answers, please see page 47

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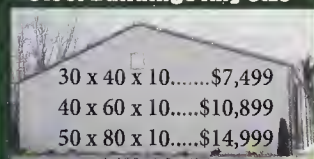
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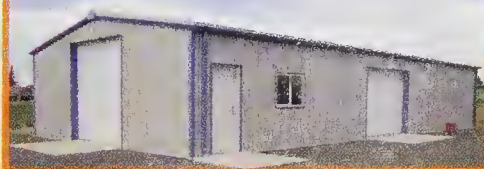
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Increasing thermal mass

Heavy materials can boost efficiency and comfort in your home

If you've read about increasing the thermal mass to improve energy but don't know what that means, it's fairly simple. It means increasing the ability of materials to retain heat energy.

This can be done anytime, but it is ideal when remodeling. Increasing the thermal mass does not require a "Fred Flintstonesque" decor with a pile of rocks in the center of every room. Actually, most improvements are quite attractive.

Increasing thermal mass means having the house structure and interior objects absorb and hold as much heat energy as possible. The heavier the items in your home, the more mass it has to absorb heat. As outdoor temperatures change, thermal mass helps moderate indoor temperature swings to improve comfort and efficiency.

It is comparable to the way a heavy, high "physical" mass automobile provides a smoother ride by absorbing the energy from bumps.

Old-fashioned solid log and heavy timber-framed houses used this thermal mass concept. Even though a log house has a small amount of actual insulation R-value when compared to a typical framed house, its utility bills are often not significantly higher, particularly during summer.

Winter months

By reducing the indoor temperature swings during winter months, less heat is lost through walls and windows. This is particularly true in rooms where heat is generated, such as the kitchen or bathroom, or rooms with large south-facing windows.

During the day, heat produced by the HVAC system is absorbed by the home's thermal mass. At night, heat is released to warm the home. The greater the mass, the more it will keep the home comfortable.

Summer months

In summer, high thermal mass delays



Granite is an excellent high-mass countertop material.

the need for the air conditioner to kick on throughout the daytime. Unless high humidity is an issue, opening windows at night and running a whole-house or window fan allows the thermal mass to lose heat stored from the daytime.

Close the windows in the morning and the cooled thermal mass absorbs heat coming in without causing the room temperature to rise as fast. The thermal mass of air is very low, so the cold outdoor air quickly absorbs heat from the indoor thermal mass.

Selecting materials

Increase the thermal mass in your house by selecting proper high mass, or heavier, materials. They should be located throughout, but concentrate on rooms that generate heat or tend to overheat during summer. When building a house or adding rooms, use heavy foam insulating sheathing on the outside of the wall framing. This allows the framing lumber to become part of the interior thermal mass.

The thermal mass of materials is

rated by heat capacity properties. Water has a high relative heat capacity of 62.4 per cubic foot compared to drywall at only 1.3 per cubic foot. Wet soil rates about 55, concrete is about 31, brick is about 27, and stone or tile ranges from 18 to 36 depending upon type. Their natural thermal properties, in addition to their densities, determine the relative heat capacity numbers.

A dark, ceramic-tile floor near a door or window is an excellent source of thermal mass. Decorative walls featuring solid bricks work well with a fireplace or large windows. Heavy granite or slate countertops in a kitchen are effective, as are wooden floors.

Damp soil in large potted plants can store heat. For emergencies, storing old milk jugs full of water under cabinets and near your heating system increase thermal mass. 🍷

Jim Dulley is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, Ohio, 45244, or visit dulley.com.

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BUILD ONTO YOUR BUSINESS OR START A BUSINESS: 450 ceramic molds for sale call 910-853-1294.

GIFT SHOP LOCATED AT EMERALD PLANTATION, Emerald Isle. (919) 868-6573.

WORK FROM HOME!! Make Money Online with Financial Literacy Products! NO Inventory or Selling Required! Just Spread the Word... Help others prepare for hard economic times ahead! Turn \$18 into \$1800+ Monthly Income! Free Marketing System! Learn More at www.paysbigdaily.com/workfromhome

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Vacation Rental

BEACH HOUSE, N. Myrtle Beach, SC. 4BR/2B, sleeps 12-14. 828-478-3208. Send e-mail for photos to: bnagell1936@gmail.com

HIGH MOUNTAIN CREEKSIDE CABINS: Relax in one of our private, family-owned vacation homes near NC/VA border. All the amenities of home plus hot tub. Call/text 336-877-7897 or 800-238-8733. www.gocreeksidecabins.com

ATLANTIC BEACH OCEANFRONT CONDO, breathtaking view. 1/BD, 1 1/2 BA, \$75.00. 816-931-3366.

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BEAUTIFUL OCEANFRONT RENTALS... Best value in Indian Beach, NC. Each 2bdrm/1bath was remodeled in 2011 to include all the comforts of home. Large oceanfront deck and private steps to the beach. On the sound side, pier, dock, shelter, playground, picnic benches, and boat ramp facility. Visit our website to view our beachfront rentals: www.oceanfrontvaluerentals.com or call 1-800-553-7873 (SURF).

OCEAN ISLE BEACH HOUSE. 4BR/3.5B. Linda at 770-289-3691 or lprobin@bellsouth.net.

Real Estate

ACRES FOR SALE JUST OFF THE BLUE RIDGE PARKWAY, mile marker 256. A-frame blue prints available with the land. \$18,500. Call 407-929-1448.

SECOND ROW, OAK ISLAND BEACH RENTAL with large storage building for sale. Beautiful views. \$322,000. 336-596-5380.

2 LOTS FOR SALE. 3/4 ACRE LOT WITH 40' BOAT SLIP Mitchell Harbour subdivision, Havelock NC. 3/4 acre lot Dawson Creek subdivision, clubhouse with pool, Oriental NC. Call 614-406-8599.

VALLE CRUCIS HOME, 3 BDRM/2 BATH. Completely remodeled. \$198,000 www.nigalleher.com

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FUN, HOW TO PAN. Carolinas, Virginia, Georgia, Alabama, California. 1-321-783-4595. WWW.GOLDMAPS.COM

For Sale

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A book of collected "You Know You're From Carolina Country If..." submissions from Carolina Country magazine readers. You know you're from Carolina country if you say "Laud ham mercy!" 96 pages, illustrated, 4 by 5 1/2 inches. Only \$7 per book (includes shipping and tax). Send payment to "You Know," Carolina Country, PO Box 27306, Raleigh, NC 27611. Or buy with a credit card at our secure online site at www.carolinacountry.com.

"CAROLINA COUNTRY REFLECTIONS" More than 200 photographs showing life in rural North Carolina before 1970. Each picture has a story. Hardcover, coffee table book, 160 pages. Only \$15 (includes tax and shipping). Comes with free cookbook. Send payment to "Reflections," Carolina Country, PO Box 27306, Raleigh, NC 27611. Or buy online at www.carolinacountry.com.

Miscellaneous

PLAY GOSPEL SONGS BY EAR—\$12.95. "Learn Gospel Music." Chording, runs, fills—\$12.95. Both \$24. Davidsons, 6727C Metcalf, Shawnee Mission, Kansas 66204. 913-262-4982.

BECOME AN ORDAINED MINISTER, Correspondence study. Founded in 1988. Luke 17:2, Free information. Ministers for Christ Outreach, 7558 West Thunderbird Road, Ste 1-114, Peoria, AZ 85381. www.ordination.org

FREE BOOKS/DVDs—SOON THE "MARK" of the beast will be enforced as church and state unite! Let the Bible reveal. The Bible Says, POB 99, Lenoir City, TN 37771. 1-888-211-1715. thebiblesaystruth@yahoo.com

DIVORCE MADE EASY Uncontested lost alien prison. \$179.95. 417-443-6511.

How to Place a Classified Ad

Deadlines

For publication in Carolina Country magazine, submit your ad by the 25th of the month approximately 5 weeks before publication (e.g., June ad due April 25). Orders received after deadline will be published in the following issue. For website ads, we can usually add the information to the site within a few days of receiving it.

Costs & Word Limitations

For Carolina Country magazine: \$2 per word (\$20 minimum per ad). Maximum of 75 words.

Every word counts, including "a" or "the." A phone number counts as one word (enter these as 555-555-5555). A website address counts as one word.

Payment must accompany order. We accept Visa, MasterCard or American Express, or make checks payable to "Carolina Country."

No refunds. No discounts.

Ads That Reoccur Monthly

If you'd like to repeat the same ad for a number of months, we can set you up. You'll need to use a credit card for payment.

How to Send

Use our website's form to compose your ad and pay by credit card. You can also fill out online and print a different form (PDF format) if you'd like to pay by check. Or call us and we'll mail you a form. Return the ad information and check (payable to "Carolina Country") to: Carolina Country Classifieds, P.O. Box 27306, Raleigh, NC 27611-7306.

Classified ads will not be accepted by phone.

Other Guidelines

Limit 2 ads per month per advertiser.

Ads accepted on a space-available basis.

First-column line printed in uppercase.

No "personals" accepted.

For More Information

E-mail Jenny.Lloyd@carolinacountry.com or call 800-662-8835, ext. 3091.

TRAVEL OPPORTUNITIES: CANADIAN ROCKIES, August 21-30, 2015 Act Now! Limited Spaces. Greece: In the Footsteps of Paul the Apostle, April 20-30, 2016 Contact Wanda 919-774-9661 email wphoward@windstream.net

LIONEL TRAINS 027/0 Pre-War, Post-War, modern collector sets, rare cars, parts. 980-253-4014.

RETIRED BROKE? FIX YOUR RETIREMENT! \$3.99 Amazon e-book shows you how. Budget cutting and income advice. Also paperback. Retired-Broke.com

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Firefest celebrates the Montgomery County town of Star with community-fueled art and fire, ceramics, glass and metal art, demonstrations and hands-on activities. The festival runs Friday and Saturday, April 3-4. (910) 428-9001 or STARworksnc.org

Mountains (west of I-77)

La Fuzzola Del Formaggio
Cheese Rolling Event
April 4, Ronda
(336) 526-1078
raffaldini.com

Open Hearth Cooking Demos
April 11, Weaverville
(828) 645-6706

Lincoln Festival
April 11, Bostic
(828) 245-9800

Author Rose Senci
Books and Bites Series
April 16, Lake Lure
(828) 287-6392

Cruise In
April 18, Shelby
(704) 435-1516

Empty Bowls
April 24, Sparta
(336) 372-5473
visitalleghanync.com

Italian Auto Show
April 26, Ronda
(336) 526-1078
raffaldini.com

ONGOING

Street Dance
Monday nights, Hendersonville
(828) 693-9708
historichendersonville.org

Carson House Guided Tours
Wednesday through Saturdays
Marion
(828) 724-4948
www.historiccarsonhouse.com

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215

RSAF Acrylic & Fiber Art Exhibition
Through April 17, Valdese
(828) 879-2129
visitvaldese.com

The Wizard Of Oz
Young Performers Edition
Through March 29, Flat Rock
(828) 693-0403
flatrockplayhouse.org

Stevens Award Winners Art Show
Through June 30, Lenoir
(828) 754-2486
caldwellarts.com

CUBA: Through The Camera Lens
April 3-25, Lenoir
(828) 754-2486
caldwellarts.com

Piedmont (between I-77 & I-95)

Easter Flowers
April 1-4, King
(336) 983-4107
mittchellsnurseryandgreenhouse.com

FireFest
April 3-4, Star
(910) 428-9001
starworksnc.org

Easter Celebration
April 5, Durham
(919) 490-0999
washingtondukeinn.com

Celtic Woman
Vocalists, band, bagpipers, dancers
April 8, Fayetteville
(910) 438-4100
crowncomplexnc.com

Raisin' Cane:
A Harlem Renaissance Odyssey
Musical set in the 1920s
April 10, Fayetteville
(910) 672-1571
uncfsu.edu

Country Legends
Malpass Brothers, guest performers
April 10-11, Smithfield
(919) 209-2099
johnstoncc.edu

Berlioz Symphonie Fantastique
April 11, Fayetteville
(910) 433-4690
fayettevillesymphony.org

Future Farmers Ag Fest
April 11, Rolesville
(919) 210-0709

Evaluation Extravaganza
Trash or treasure assessing
April 11, High Point
(336) 885-1859
highpointmuseum.org

An Evening With Casting Crowns
Christian rock band
April 11, Fayetteville
(910) 483-5311
crowncomplexnc.com

Heritage Festival & Wild Turkey 5K
April 11-12, Monroe
(704) 283-3822
mastergardenersunioncountync.org

Spectacular Spring
Tulip Bloom Event
April 12, Kernersville
(36) 996-7888
cienerbotanicalgarden.org

Sitting Pretty: NC Furniture
1700-1850
Lecture
April 12, Raleigh
(919) 833-3431
joellane.org

Singer Smokey Robinson
April 16, Fayetteville
(910) 323-1991
community-concerts.com

Hair
Rock musical
April 16-19, Fayetteville
(910) 672-1571
uncfsu.edu

Storytelling
Back Porch Series
April 17, Wadesboro
(704) 694-5211
carolinawritersconference.org

Collin Raye In Concert
Country singer
April 17, Hamlet
(910) 410-1691
richmondcc.edu



Listing Deadlines:
For June: April 25
For July: May 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

Broadway Our Way Festival
BBQ, car & tractor show
April 18, Broadway
(919) 258-9922
broadwaync.com

Militia Encampment
April 18, High Point
(336) 885-1859
highpointmuseum.org

Spring Fling
Art, carnival rides
April 18, Spring Lake
(910) 436-0011
spring-lake.org

Carolinas Writers Conference
Writing, publishing workshops
April 18, Wadesboro
(704) 694-5211
carolinawritersconference.org

Spring Open House
April 18, King
(336) 983-4107
mitschellsnurseryandgreenhouse.com

East Coast Step Show
April 18, Fayetteville
(910) 438-4100
crowncomplexnc.com

Behind The Scenes At Hart Square
Historic log buildings
April 18, Vale
(828) 465-0383
catawbahistory.org

Franklin County Historic House Tour
April 18–19, Louisburg
919-539-7868
personplace.org

Celebrate Spring In Seagrove
Kiln openings, studio demos
April 18–19, Seagrove
(336) 517-7272
discoverseagrove.com

Duke Ellington Sacred Concert
April 19, Fayetteville
(910) 672-1571
uncfsu.edu

Rapunzel! Rapunzel!
A Very Hairy Fairy Tale
April 23, Pembroke
(910) 521-6361

Berstein-Chichester Psalms
Cumberland Oratorio Singers
April 24, Fayetteville
(910) 630-7153
singwithcos.org

Dogwood Festival
April 24–26, Fayetteville
(910) 323-1934
faydogwoodfestival.com

The Great Gatsby
Theater performance
April 25, Pembroke
(910) 521-6361

Spring Fest
April 25, Warrenton
(252) 257-1122

ONGOING

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
www.liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
www.visitmayberry.com

Fourth Friday
Arts, shopping
Fayetteville
(910) 483-5311
www.theartscouncil.org

Music Barn
Saturday night, Mt. Gilead
(910) 220-6426
mgmusicbarn.com

Biennial Exhibition
Faculty's visual art
Through April 4, Fayetteville
(910) 672-1571
uncfsu.edu

Searching For The Real
Mison Kim's Art
Through April 15, Fayetteville
(910) 630-7107
dayidmccunegallery.org

Uncharted Various media
Through April 19, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Earthly Abstraction
Through May 16, Fayetteville
(910) 323-1776
theartscouncil.com

The Patton Collection
Masters of mid- to late-20th-century
Through August 23, Raleigh
(919) 664-6795
ncartmuseum.org

Cruise In
First Thursdays
Through Sept 12, Dobson
(336) 648-2309

The Trip Bountiful
Widow's journey of discovery
April 9–26, Fayetteville
(910) 323-4234
CFRT.org

Gallery Of Arts
April 20–May 24, Hillsborough
(919) 732-5001
hillsboroughgallery.com



Person Place (circa 1790) is one of the historic homes and buildings on the Franklin County Historic Homes Tour set for Saturday (10 a.m.–5 p.m.) and Sunday (1–5 p.m.), April 18–19, rain or shine, in Louisburg and Franklinton. The tour benefits Person Place Preservation Society. Box lunches available. (919) 539-7868 or personplace.org

Person Place Preservation Society

Fort Bragg Fair
April 30–May 10, Fayetteville
(910) 396-9126
fortbraggmwr.com

Coast (east of I-95)

Historic Homes & Garden Tour
April 10 & 11, New Bern
(252) 638-8558
newbernhistorical.org

Pig In The Park
BBQ, live music
April 11, Goldsboro
(919) 735-2358
piginthepark.com

Historic District Tours
April 11, Murfreesboro
(252) 398-5922
murfreesboronc.org

Historic Home Tour
April 17, Kill Devil Hills
(252) 449-5318

Pilgrimage Of Historic Homes
April 17–18, Edenton
(252) 482-7800
edentonpilgrimage.org

**King Mackerel
& The Blues Are Running**
Musical about life on the coast
April 17–18, Morehead City
(252) 393-8185
nccoast.org

Walk To Defeat ALS
April 18, Winterville
(252) 752-8854
alsa.org/downeast

Wings & Wheels Fly-In/Car Show
Pancake breakfast, prizes, raffle
April 18, Oak Island
(703) 732-3264
eaa939.org

Phlock To The Beach
Live music, Hula contest
April 18, Oak Island
(910) 457-6964
southport-oakisland.com

Tour of Historic Homes & Gardens
April 18, Oriental
(252) 249-3340

Lighthouse Run
April 18, Oak Island
(910) 457-6964
southport-oakisland.com



There are more than 200 markets in North Carolina offering fresh produce and more. For one near you, visit ncfarmfresh.com/farmmarkets.asp.

Homestead Farm Dinners
April 24–25, Bolivia
(910) 253-7934
greenlandsfarmstore.info

**George Washington's
Second Southern Tour**
Costumed interpreters, gun salute
April 24–26, New Bern
(252) 349-4741
washingtonssoutherntour.org

Wine Fest Art Contest
April 25, Ocean Isle Beach
(910) 575-5999

Marine Market
New, used nautical gear, art
April 25, Washington
(252) 947-1487
whda.org

Strawberry & Wine Festival
April 26, Ocean Isle Beach
(910) 579-9021
oldbridgepreservationsociety.org

ONGOING

Feathered Friends Of Oriental
Bird photography
Through May 31, Oriental
(252) 249-3340

N.C. Azalea Festival
Street fair, home and garden tours
April 8–12, Wilmington
(910) 794-4650
ncazaleafestival.org

Rural Revival

Photographs of rural North Carolina homesteads are the focus of a new exhibit at the North Carolina Museum of History. The 46 pictures by Scott Garlock of Warren County show his passion for abandoned historic buildings in eastern and northeastern North Carolina.

"Rural Revival: Photographs of Home and Preservation of Place" will be on view through Sept. 27. It is presented in partnership with the State Historic Preservation Office, Preservation North Carolina and the Historic Preservation Technology program at Edgecombe Community College. Admission is free.

"Scott's photography ignites a spark, a recollection of days long ago," says Michael Ausbon, decorative arts associate curator at the museum. "He urges us to preserve and protect our past before these structures return to the earth."

Visitors to "Rural Revival" also will learn about the contributions of the State Historic Preservation Office, Preservation North Carolina and the Historic Preservation Technology program at Edgecombe Community College.

For more information: (919) 807-7900 or ncmuseumofhistory.org.



Maid of the Mist – Northampton County



Different Time, Same Old Place

See more photos at carolinacountry.com

CAROLINA COUNTRY adventures



Keep on trucking

Photos and text by Knolan Benfield

In 1932, when most folks were just trying to survive the Great Depression, Grier Beam, with a degree in animal husbandry and poultry from N.C. State University, returned home to Cherryville. But there were no jobs there. He eventually found a job in Florida, but because of the Depression, that didn't last long. He returned to Cherryville unemployed.

With a \$500 loan from his father, a farmer, young Grier bought a used one-and-a-half-ton Chevy truck and started his own business. He'd drive that old truck to Florida where he'd buy fresh fruit that he hauled back to Cherryville to sell on the street corner. He still wasn't making much money, so he sold his services to the Lincoln County Schools hauling coal.

Grier persistently searched for someone who needed something hauled someplace and could pay for it. When a cotton mill contracted him to do their hauling, it was the break he needed. He'd haul yarn north and other products back down south. He purchased a second truck, then a third. Beam Trucking Company was rolling now.

Men were glad to drive for the new company since few of them had work. One of the first drivers for Beam Trucking was Ralf Self. I spent a delightful time listening to his widow, Blanch Self, tell about the early days of Beam Trucking. When I met her she was 96. She has since passed away, but here is some of what she told me about the good old days of trucking.

"As soon as a job came up a driver would leave. He'd take off for New York City or some such place. The wives didn't work back then. We stayed home and raised the kids. I'd fix some sardine sandwiches and beans for my husband for a trip. The drivers got paid \$12 to \$15 for the whole trip. Might be gone for up to a week, and they had to pay their own expenses. They just slept in the truck. Had to wait for a load to haul back. You just never knew. Didn't have any trouble getting drivers. Nobody had a job, and they were glad to get the work."

Their trucks would haul anything that paid: potatoes, beer, roofing materials, candy, whatever. And it didn't matter if the haul was long or short, they carried it.

In 1937 Beam Trucking incorporated as Carolina Freight Carriers Corporation. They kept adding trucks, people and hauling contracts until it became one of the 10 largest trucking companies in the U.S. with over 11,000 employees. They kept on trucking for over 60 years. There were bumper stickers that read: "Nothing could be finer than to ship by Carolina in the morning."

When Carolina Freight celebrated 50 years in business in 1982, they started the C. Grier Beam Truck Museum in Cherryville as a memorial, with trucks restored in the company shops. The museum is committed to preserving the history of trucking. Grier Beam passed away in 1992. Carolina Freight Carriers was acquired by Arkansas Best Corp. in 1995, and the operation left Cherryville, but the museum remained.

On permanent display are 14 of those restored trucks. The oldest dates back to 1928. The museum is located in Cherryville, about 35 miles northwest of Charlotte. Blanch Self was the first manager of the museum, and she ran the place until 1988.

Knolan Benfield is a writer and photographer in Morganton.
knolanbenfieldphotography.com

C. Grier Beam Truck Museum

111 North Mountain St.
Cherryville, N.C. 28021
(704) 435-3072
beamtruckmuseum.com
Admission is free

See a slide show of Knolan Benfield's pictures at the Beam Truck Museum:
carolinacountry.com



Liberty Antiques Festival: April 25-26

By Robin and Dave Minnick

Twice a year the turn-off from Pike's Farm Road in Randolph County leads to a field sporting a bumper crop of 400 tents loaded with every kind of antique imaginable, from glassware and pottery to fireman's helmets and iron mermaids.

Vito and Mary Ellen Sico and Janet Hill present the Liberty Antiques Festival the last weekend in April and September, rain or shine. Food vendors and fundraising groups provide plenty of sustenance, parking is free, and admission is only \$7. Inside the gate, antique hunters scout out deals and bargain for better ones with the sellers, many of whom return to this 20-some-year-old award-winning show every year.

The show is meticulously overseen by the antique-loving promoters who discourage crafts and reproductions.

Mary Ellen Sico cites dealers coming



in from 25 states, as far away as New England and Florida. Visitors come from all over the world. "We have people who plan their vacations around the shows," she says. "One year a family came here for its reunion." Sometimes you'll even see media like PBS's *Market Warrior* show on site.

You can find anything at the Liberty Antiques Festival: wood barrels, vintage bicycles, stone columns, paper

ephemera, campaign desks, French writing desks, watchmakers' desks, olive buckets, even a metal policeman — nearly life-size — holding a yellow school zone sign that sold to the eighth browser despite its high value.

Dealer J. Lynn Wood and his uncle, Jack Williams, share booth space at the show selling furniture and toys. Like most of the dealers, they appreciate the antique focus. What do they think makes a good day at Liberty? "If the weather is nice and the crowd is there," Jack says, "that makes it a good day. 'Course, it always helps if you sell some things."

Or buy some things.

(800) 626-2672

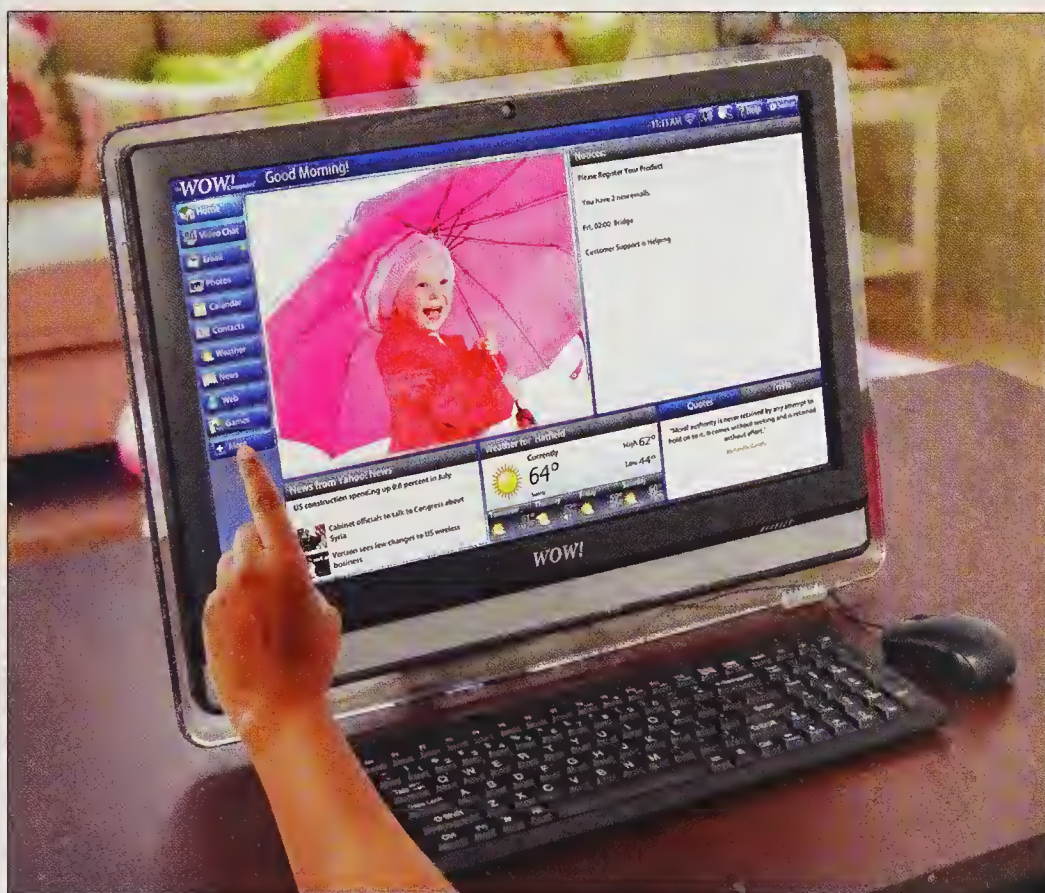
libertyantiquesfestival.com

See a slide show of Dave Minnick's photos
at carolinacountry.com

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— Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at

your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games— you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it

time you took part? Call now, and a patient, knowledgeable product expert will tell you how you can try it in your home for 30 days. If you are not totally satisfied, simply return it within 30 days for a refund of the product purchase price. Call today.

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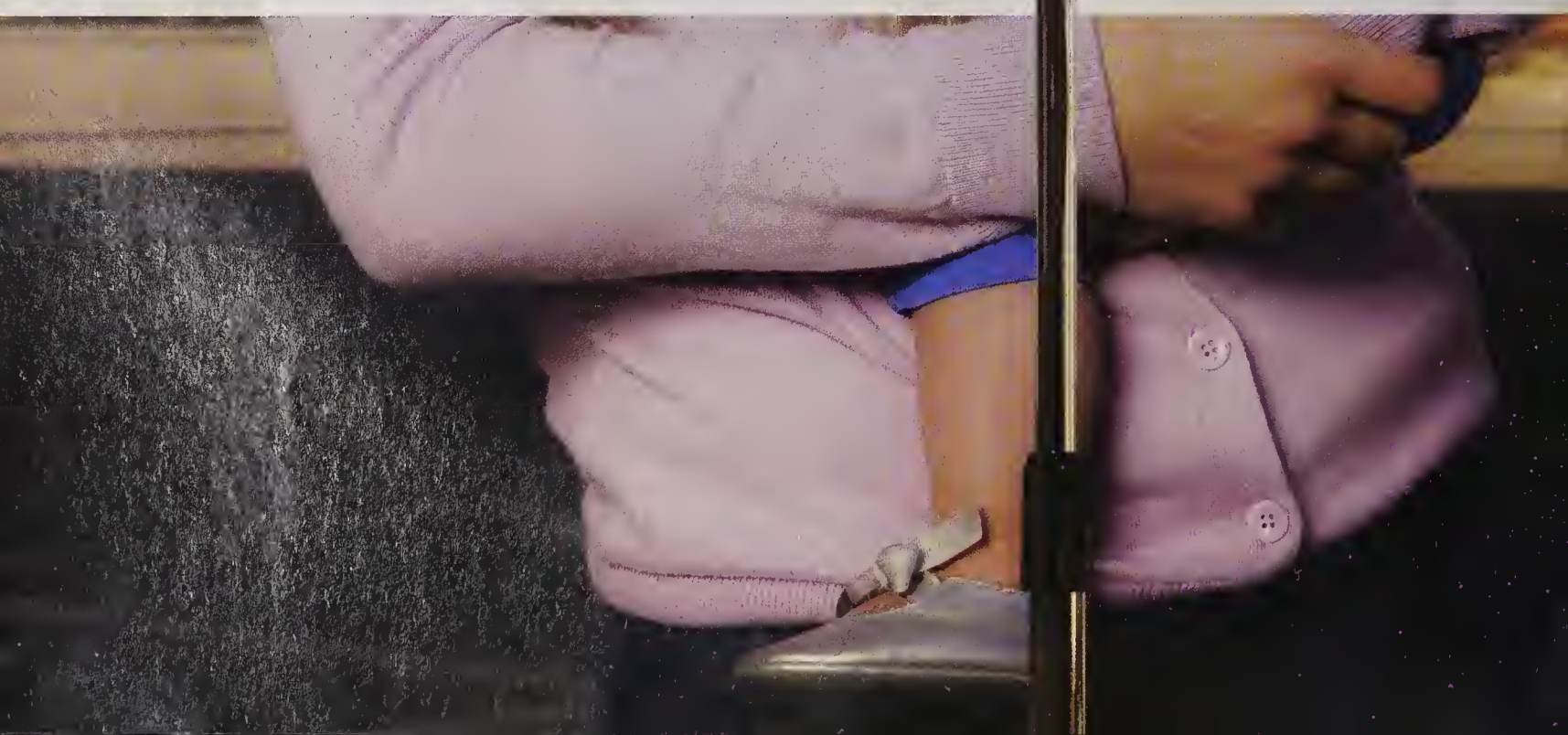
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2015 Carolina Country Adventures



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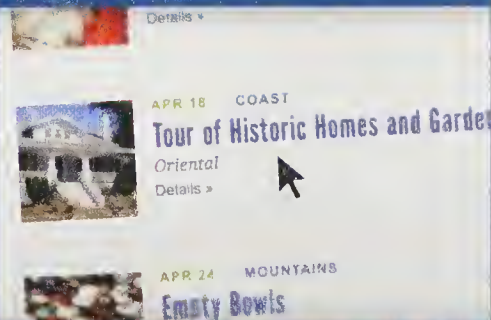
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carolinacountry.com/adventures

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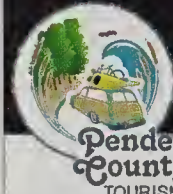
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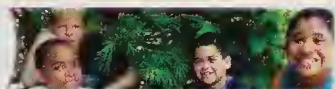



Carolina Cultural Events

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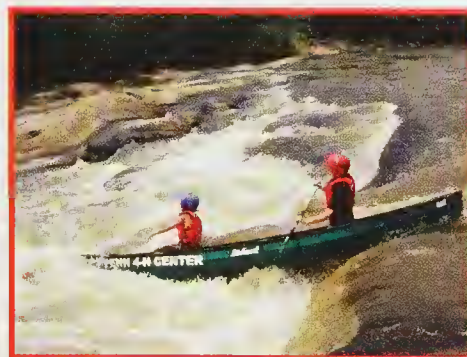


4-H Summer Camps

Betsy-Jeff Penn 4-H Center
Reidsville, NC

Eastern 4-H Center
Columbia, NC

Millstone 4-H Camp
Ellerbe, NC



Facilities & Programs

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- Canoeing
- Cabins
- Arts & Crafts
- Trails
- Classrooms
- Campfire Circles
- Dining Facilities
- Environmental Education Programs & Activities
- Meeting Facilities
- Teambuilding & Challenge Courses
- Rec Halls
- Swimming
- Outdoor Education Programs
- Outdoor Living Skills
- Shooting Sports

How do Campers Register for Camp?

Fact - Youth do **NOT** have to be a 4-H club member to attend camp. To enroll, contact your county 4-H Agent at the Cooperative Extension Service office.



Register Online at www.nc4hcamps.org





Old-time jam sessions

Along the Blue Ridge Music Trails

By Ann Green | Photos by Ven Carver

Phipps General Store, Lansing

Inside the Phipps General Store in Ashe County, fiddlers, banjo players and other musicians sit in straight-back chairs around a big circle, pickin' an old-time tune. Behind them, audience members on wooden benches and in chairs tap their feet to the music. Outside, men, women and young folks stand around under a covered entryway, swapping stories with friends.

"This pickin' is like going back 50 years in time when folks from the community came together on weekends," says Joe Clayton of Grassy Creek. "It provides a good venue for musicians of all skill levels, as well as dancing and singing."

Every Friday night, Rita Scott opens the old red and white doors of the Phipps General Store for a jam session. Inside the wood-framed building, musicians play both bluegrass and old-time music in a room filled with memorabilia hanging from the ceiling, including old farm tools, a well-worn quilt and a burlap feed bag. A steer's skull, a bobcat's skin and a stuffed deer head adorn the walls.

"It was my dream to have a place where people could come and play music," says Scott. "Before this, my friends and I would gather at people's homes."

Phipps General Store is one of many traditional music venues on the Blue Ridge Music Trails of North Carolina. Consisting of 29 counties in the western third of the state, the trails are divided into six regions. Ashe, Wilkes, Watauga, Alleghany and Caldwell counties comprise the Southern Appalachian region.

Last year, the Blue Ridge National Heritage Area Partnership debuted a new website with trip planning tools, videos of traditional musicians and profiles and stories.

People who visit the Phipps store to hear traditional mountain music also appreciate the surrounding rolling countryside. "This is such a great setting with a real country store," says Gary Poe of West Jefferson.

facebook.com/pages/Phipps-General-Store
(336) 384-2382 or (336) 977-2078

Alleghany Jubilee, Sparta

For traditional old-time mountain dancing, head to the old Sparta Theatre in downtown Sparta. Every Tuesday and Saturday night, the theatre hosts the Alleghany Jubilee.

On a recent Saturday night, participants chat with friends and sit in the few remaining theatre seats and folding chairs along the wall. Before the music

starts, women change from their usual footwear to white shoes with steel taps on the bottoms.

"This place has great music," says Paula Faulk of Wilkes County. "It is one of the few places where you can flatfoot in the area."

The Crooked Road Ramblers start at 8 p.m. sharp, playing an old-time tune. Not long after that, several people head out on the dance floor and begin rhythmically shuffling around in pairs. As the dancers continue flatfooting, the tap-tap-tap of dance shoes vibrates throughout the room.

Later in the evening, more people crowd onto the dance floor to do the mountain two-step, the Alleghany shuffle and other traditional dances.

"We are trying to keep traditional music alive," says Jean Osborne, Alleghany Jubilee manager. "Nothing touches the heart like old-time mountain dancing."

Alleghanyjubilee.com
(336) 372-8676

Jones House Community Center, Boone

During the summer, you can hear traditional, blues and country music on Friday nights at the Jones House Community Center situated on a hill overlooking downtown Boone. People sit on blankets and in chairs on the lawn and listen to musicians playing tunes on the wide front porch of the historic home.

"The free concerts give people an opportunity to hear local and regional musicians in the heart of Boone," says Mark Freed, cultural resources coordinator for the town of Boone.

On Thursday evenings, the town hosts old-time jam sessions. Musicians from the area gather in rooms on both floors of the two-story house to play fiddles, banjos, guitars and other traditional instruments. In warm weather,

The Blue Ridge Music Hall of Fame Wilkesboro

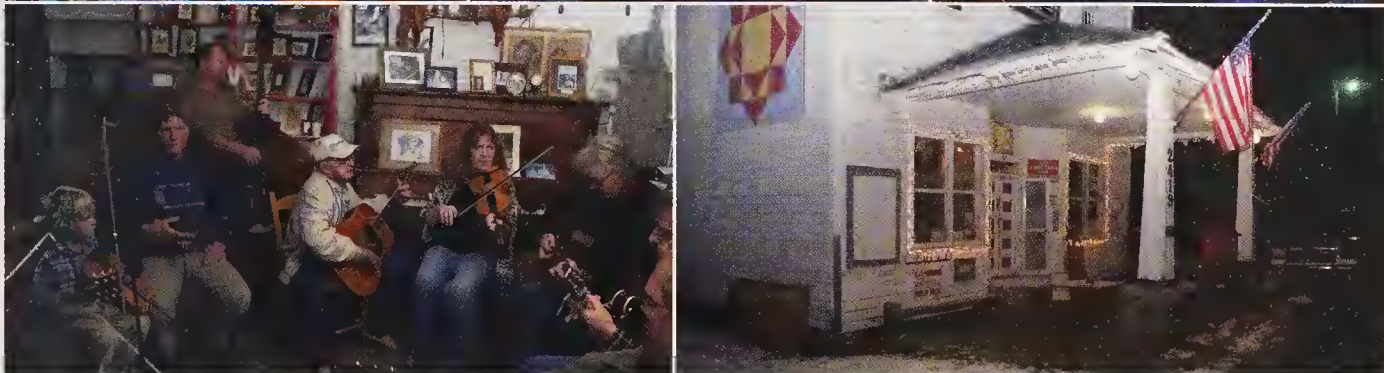
Besides musical venues, the Blue Ridge Music Trails of North Carolina features other attractions, including the Wilkes Heritage Museum in Wilkesboro.

Housed in the old Wilkes County courthouse, the museum is home to the Blue Ridge Music Hall of Fame. Climb up the stairs to the old courtroom on the second floor to see color photos of Hall of Fame winners Doc Watson, Earl Scruggs, Jim Lauderdale, Arthur Grimes, Jim Brooks, George Hamilton IV, Dr. T.R. Bryan and others. "In this one room, you can trace the roots of bluegrass music," says Jennifer Furr, museum director.

In the next room, you can watch a video of Blue Ridge Music Hall of Fame inductees. There also is a variety of memorabilia from past inductees, including David Holt's colored block shirt, William "Oliver" Swofford's leather case and Clarence "Tom" Ashley's guitar.

Downstairs, there is an array of artifacts, including Junior Johnson's first racecar, seats from the North Wilkesboro Speedway and pottery.

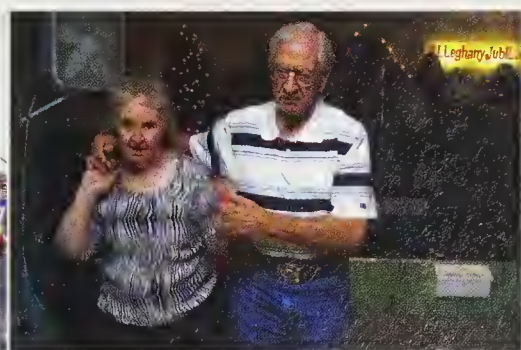
wilkesheritagemuseum.com
(336) 667-3171



Above: Phipps General Store, Lansing

Left: Jones House Community Center, Boone

Below: Alleghany Jubilee, Sparta



The guidebook

"Blue Ridge Music Trails of North Carolina" by Fred C. Fussell with Steve Kruger, is published by The University of North Carolina Press. Compiled by the North Carolina Arts Council, both the printed (\$20) and e-book versions (\$10-\$20) have maps and a CD. Order it through uncpress.unc.edu

Trails website: blueridgemusicnc.com

they spill over onto the front porch.

The jam sessions attract local musicians like Deborah Jean Sheets, Mary Greene, Rick Ward and Cecil Gurganus. Since the Watauga County Junior Appalachian Musicians program holds its classes in the Jones House, it is not uncommon to see musicians from three generations jamming in a single session. The beauty of the event is that every week is different. 🎵

joneshousecommunitycenter.org
(828) 262-4576

Ann Green and Ven Carver have a vacation home in Ashe County and are members of the Blue Ridge Electric cooperative.

On carolinacountry.com

See a video of Trish Force, Ronnie Miller and friends jamming "John Henry" outside Phipps General Store (a BlueMundy production).

See a slide show of Ven Carver's photos.





Nature, history and mystery

Burke County offers all with a serving of Southern charm

By Renee Gannon

Nestled between the Pisgah National Forest and the South Mountains, Burke County has played a part in this nation's discovery as well as its independence. The county hosts an archaeological site almost 500 years old, it's noted for beginning an end to British Rule, it welcomed a tribe of persecuted Italians who have now called the area home for more than 100 years, and, some believe, Burke County is visited by extra-terrestrial lights.

The jumping off point to all things Burke County is Morganton, the county seat. Its burgeoning downtown district features two craft breweries (Catawba Valley Brewing (catawbabrewing.com) and Fonta Flora (fontaflora.com)); art gallery crawls; casual, fine dining as well as farm-to-table restaurants; a local history museum (828-437-1777 or thehistorymuseumofburke.org) and TGIF concerts on the courthouse square.

From Morganton, outdoor enthusiasts can go in any compass direction to find a place to explore, including the Pisgah National Forest, Blue Ridge Parkway, South Mountain State Park, Table Rock Mountain, Upper Creek Falls and the Linville Gorge. History buffs can find a tale at every turn, and those seeking mystery can just look up over the mountains.

Nature's playground

Nestled in the valley of the Linville Gorge sits Lake James State Park (ncparks.org). This 6,800-plus-acre, man-made lake features two sections, the Catawba River Area and Paddy's Creek Area. Both areas offer hiking, boating and fishing, with Paddy's Creek hosting a swimming area.

The park's eight hiking trails offer varying lengths and difficulties. Throughout the park, views overlooking Lake Channel, Linville Gorge and Sandy Cliff are worth an extra few

minutes of gazing. As with most lower mountain forests, the scenery contains a mix of hardwood, pine and hemlock trees; mountain laurel, rhododendron, azalea and various wildflower species. White deer, squirrel, fox, rabbit, river otter, bald eagles, heron, owl and other animal and bird species can be heard and seen throughout the trails.

The park features a one-mile section of the national park system's Overmountain Victory Trail (ovta.org or nps.gov/ovvi). The OVT begins in Abingdon, Va., winds through Burke County, south through North Carolina and into South Carolina, ending at Kings Mountain National Military Park, the site of a hard-fought battle between patriots and British loyalists, which led to the defeat of the British Southern forces.

While traipsing along the Overmountain Victory Trail that winds its way around the Paddy's Creek portion of Lake James State Park, you can imagine what those "over the mountain boys" from across the Blue Ridge Mountains were experiencing while traveling through the forested ridgelines on those cold, rainy days back in late September 1780.

History

More than 1,000 men, including militia and the men from Tennessee, Virginia and the mountains of North Carolina, converged at the McDowell House at Quaker Meadows in what is now Morganton. This group of soldiers and private citizens would eventually play a key role at Kings Mountain. The McDowell House is now on the National Register of Historic Places. Every Sept. 30, the OVT re-enactors gather at the house, which was built by Capt. Charles McDowell Jr., a leader of the patriots (828-437-4104 or historicburke.org).

Before the overmountain boys blazed trails across this area on their way to

fight the redcoats in 1780, the Spanish settled and built Fort San Juan in 1567, nearly 20 years before the English landed on Roanoke Island and 40 years before Jamestown. Juan Pardo led a Spanish expedition from Parris Island, S.C., through North Carolina on his way to the Mississippi River and ultimately Mexico, setting up outposts along the way. Fort San Juan would be the first and largest of six outposts eventually built.

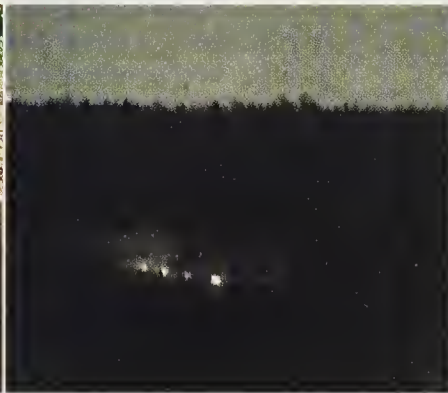
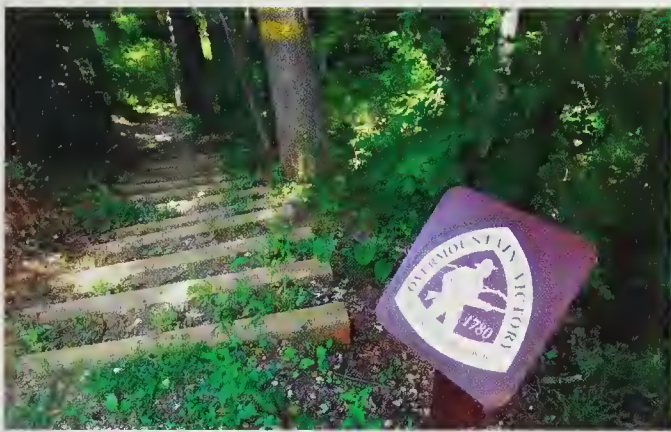
Archeologists discovered the fort, located in the upper Catawba River Valley, while working on a Native American site, known as Joara, whose inhabitants co-existed with the Spanish for a short period. This site, known as the Berry site for the landowners, tells one of the first stories of the early American west, when Native Americans faced the Spanish empire. The Spanish and Native Americans co-existed for about a year, until the Spanish began to rule their neighbors, leading to an uprising and destruction of Fort San Juan as well as other Spanish outposts in 1568.

To learn more about these sites and to become involved in digging for artifacts and uncovering clues, the Exploring Joara Foundation offers field trips, camps and workshops for all ages to visit and work the active archeological site (828-439-2463 or exploringjoara.org).

Waldensian heritage finds a home

Long after the Spanish left and the area had been settled by Europeans and their descendants, a special branch of people found a home in Burke County. In 1892, a small group of 30 men and women traveled from northern Italy to Burke County in search of a new life and a safe place to raise a family. Soon, more than 300 Waldensians moved to the area, eventually founding the town of Valdese.

The "Trail of Faith" is an 11-acre outdoor museum in Valdese that tells the history of the Waldensians and

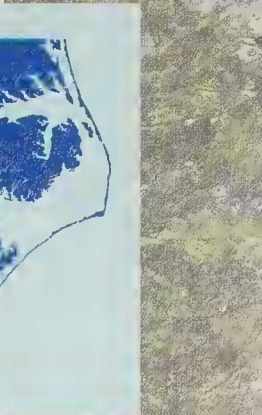


Top Left: The national Overmountain Victory Trail winds its way through Lake James State Park.

Above: The "Trail of Faith" in Valdese tells the story of the Waldensians.

Far Left: A Burke County archaeological site continues to unveil secrets of a Spanish fort and a Native American village.

Left: Glowing orbs have been spotted along Brown Mountain for years.



their pilgrimage to North Carolina. The "People of the Book" hailed from the Valdese region of the Southern Alps, hugging the French-Italian border. For hundreds of years, the Waldensians, a Protestant group, were hunted and tortured as heretics. Forced to move into the rugged harsh mountains where living became unbearable, they had to find a new home. The settlers built the Waldensian Bakery (originally started as an outdoor community oven), a sawmill and hosiery mill, eventually providing for not only themselves, but the locals as well.

The outdoor museum includes 15 buildings, many exact replicas of buildings and homes left behind in the Alps, including a "church in the cave," representing a location in the Italian mountains where the Waldensians would secretly worship and pray. Visitors can also play a game of Boccia and watch the outdoor drama "From This Day Forward," the story of the Waldensians (800-635-4778 or waldensiantrailoffaith.com).

Mysterious illuminations

Besides settlers from Europe, Burke County also has had visitors from another world, possibly. The Brown Mountain Lights are a centuries-old phenomenon that continue to baffle both laypeople and scientists. Whether an act of nature or extraterrestrial shenanigans,

these glowing multi-colored balls of light, seen mostly in and around the Linville Gorge and Brown Mountain, draw folks to the mountain ridges in Burke County. Three spots are recommended for possible viewing: Wiseman's View on a Forest Service road off N.C. 105 near Linville, the overlook on N.C. 181 north of Morganton with a view of Brown Mountain to the southeast, and the Blue Ridge Parkway at Lost Cove mile marker 310.

Be sure to bring your bug spray, camera and a chair. The setting sun and ensuing dusk brings out the sights and sounds of the mountains, so sit back and enjoy the view, and maybe a colored glowing orb or two. 🌌

For more information on where to stay, eat and do in Burke County:
discoverburkecounty.com
888-462-2921

Re-enactors annually trek from Virginia to Kings Mountain, S.C., along the Overmountain Victory Trail.





Where the butterflies are

Beguiling beauties of the sky are bountiful at these sites

By Karen Olson House

There seems to be nothing more elusive than a butterfly when you want to see one. Wait on your deck and look, wait and look. Come back later. Wait some more. Then, just as you think you planted that butterfly bush for nothing, one of these enchanting creatures will flutter up in view long enough for you to gasp in surprise and pure pleasure. Then (poof!), it's gone, zig-zagged out of sight.

Not that butterfly-attracting plants don't work—they do. Just don't count on seeing butterflies on your own time. That is, unless you visit gardens, conservatories and pavilions that specifically cultivate and care for these mystical winged beauties. Places that entertain and educate. Places where you can see lots of wondrous butterflies in serene, nurturing atmospheres. These sites offer just that.

Charlotte Nature Museum, Charlotte

Open all year, its balmy Butterfly Pavilion is filled with gorgeous butterflies like Queen, Zebra Longwing and Buckeye butterflies. Its chrysalis house provides an opportunity to watch butterflies grow, emerge and fly (for the first time!) during weekly butterfly releases.

Pretty plants there include hibiscus, salvia and Mexican sunflowers. Admission is \$8 for guests ages 2 and older, and is free for guests under 2 years old and members.

(704) 372-6261 or discoveryplace.org

Do you know ... ?

- Butterflies taste flower nectar with their feet?
- Some skipper butterflies can fly 30 miles per hour?
- Some butterflies are lepidopterans (insects)?

Flutter Serenade

For an uplifting video, visit carolinacountry.com

Museum of Life and Science, Durham

Magic Wings Butterfly House is a lush, tropical paradise within a three-story glass conservatory. One of the largest butterfly houses in the U.S., it boasts more than 100 species of exotic world travelers.

Each week, the museum receives roughly 500 pupae. After each chrysalis unwraps, they are all hung so they can complete their development. Its butterflies are native to Southeast Asia, Africa, and Central and South America, including the brilliantly iridescent Blue Morpho, the translucent Paper Kite and glittering Emerald Swallowtail. Ask about the Dead Leaf butterfly—it looks just like it sounds, and is a fine example of animal camouflage.

Open all year, Magic Wings keeps its temperature at 80 degrees and has more than 250 species of tropical plants, most of them flowering plants known to be nectar and pollen sources. Staff and volunteers put out plates with fruits grown here, like mango and papaya, for the butterflies to dine on.

Visitors can also enjoy butterfly releases, which occur at 11 a.m. and 3 p.m. Monday through Saturday, and at 3 p.m. on Sunday. Admission includes Magic Wings entry, and is \$14 for adults, \$12 for seniors over 65 and U.S. military with ID, \$10 for children ages 3-12, \$8 non-school group rate and free for members and kids under 2.

(919) 220-5429 or lifeandscience.org

Airlie Gardens, Wilmington

Hundreds of butterflies, all native to North Carolina, fly about in this 2,700 square-foot Butterfly House, including species like Giant Swallowtail, Monarch, Gulf Fritillary and Red Admiral.

The octagon-shaped house is filled with plant species that support butterflies and has mesh netting that lets

"STAY near me—
do not take thy flight!
A little longer stay in sight!"

—From a poem by William Wordsworth

in light and helps circulate air. Visitors enter and leave through vestibules.

The open-air structure is open from April 15 to Oct. 15. Admission is free with regular garden admission.

(910) 798-7700 or airliegardens.org

Museum of Natural Sciences, Raleigh

Enter its Living Conservatory to enjoy vibrant butterflies in a Central American dry tropical habitat. You also can see Ruby-Throated Hummingbirds, turtles, tarantulas, snakes and even a two-toed sloth, who may not look alive but is. Visitors can also watch butterflies through a giant glass wall, while they munch wraps and sip smoothies at the museum's Acro Café.

The Conservatory's open hours are less than the museum's. Check hours or call before you go. General museum admission is free and includes the Conservatory.

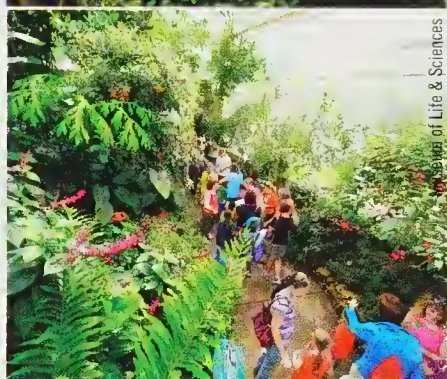
(919) 707-9800 or naturalsciences.org

Prairie Ridge Ecostation, Raleigh

Museum of Natural Sciences also operates this 45-acre outdoor field station in west Raleigh. Its long list of butterflies include Checkered Whites, Sleepy Juniper and Red-banded Hairstreaks, Snouts, Silver, Swarthy and Long-Tailed Skippers, Pearl Crescents and Carolina Satyrs.

There's also a pond, native plant garden and katydids, foxes and birds (including woodpeckers, hawks and warblers) to enjoy. Admission is free.

(919) 707-8888 or naturalsciences.org



Left column: All A Flutter

Middle column: Museum of Natural Sciences Living Conservatory

Top: Charlotte Nature Museum

Above: Magic Wings

Hop'n Blueberry farm, Black Mountain

This seventh-generation, sustainable farm's butterfly flight house has native butterflies and plants, and touring visitors can learn about creating pollinator habitats. Owner Van Burnette is well known for his hard work in protecting the migrating Monarch.

Butterfly kits should be available by July. Tours begin May 16 and cost \$7 per adults and children. Kids under 2 are admitted free.

(828) 664-1166 or hopnblueberryfarm.com

each visitor gets a sugar pad to hand-feed butterflies.

Visitors can also buy Caterpillar Castles for \$20 that include two Monarch eggs on a potted milkweed plant and instructions. Group tours are held by appointment only during the week. Family shows (smaller groups) are held Saturdays at 10 a.m. and 3 p.m. Admission is \$6 per person; children under 2 admitted free. 🍯

(336) 454-5651 or all-a-flutter.com

Educational resources

- NC State Parks: Emerge and Fly ncparks.gov/Education/emergeandfly.php
- Online Butterfly Atlas www.dpr.ncparks.gov/nbnc/index.html
- Carolina Butterfly Society carolinabutterflysociety.org/

All A Flutter, High Point

Closed wintertime, this seasonal farm reopens April 15 and closes Oct.10. It raises thousands of Monarchs annually and sells them for special release occasions such as weddings and graduations.

Visitors learn about a butterfly's body parts and lifecycle. They also see eggs, caterpillars and chrysalises and tour the Flight House. The interactive presentations include a fun skit and





A Carolina Country Tasting Trail

A selection of recipes from some of North Carolina's adventurous food experts

Compiled by Jenny Lloyd and Michael Gery

F.A.R.M. Café, Boone

This café in 2012 opened for lunch in the historic Boone Drug Downtown soda fountain space on King Street. It was the outgrowth of a project that began in 2009 when members of the High Country United Church of Christ embarked on a mission to help neighbors who go hungry. Fundraising and community awareness led to the not-for-profit, pay-what-you-can Feed All Regardless of Means café. The café serves nutritious meals produced from local food sources. Patrons donate as they are able, or they volunteer an hour in the café or at its garden spot. (The local Touchstone Energy cooperative, Blue Ridge Electric, provided a grant to the café to provide vouchers for diners who are hungry but also do not have the means or opportunity to work for their food.) On any given day, you can walk in and see a politician eating with a worker from the nearby university, or a homeless man sharing a hot meal with a local shop owner. "We are here to create community and do it with dignity," says events coordinator Amanda Merritt.

Executive chef Renee Boughman says that beets are a favorite at the café: "Patrons say this is the only place that can make them want to eat their vegetables."

F.A.R.M. Café

617 W. King St. Boone, N.C. 28607

(828) 386-1000 • farmcafe.org

Monday-Friday • 11:00 a.m. – 2:00 p.m.



Romaine, Roasted Corn, Beet and Goat Cheese Salad

- 2 heads washed romaine leaves, sliced thinly
- 3 ears corn, kernels removed
- 2 bunches beets (about 6 beets), oven roasted (see recipe)
- Beet greens, chiffonade (sliced into thin strips)
- 1 cup goat cheese crumbles

For sherry vinaigrette:

- 2 tablespoons Dijon whole grain mustard
- ¼ cup sherry vinegar
- 2 tablespoons honey
- 1 shallot, finely minced
- 2 lemons, zest and juice
- 1 cup olive oil blend

To roast beets, cut beet greens from washed beets and set aside for later use. Put a thick layer of kosher salt in a roasting pan (must use Kosher or coarse grain salt). Place beets on top of salt, cover with foil and roast in 400 degree oven until soft to the touch (cooking time depends on size but usually about 1 hour). Allow beets to cool, peel, and cut into small bite-sized pieces.

Sauté beet greens and corn lightly with olive oil, salt and pepper then allow to cool. Combine all ingredients and toss with sherry vinaigrette.

For sherry vinaigrette: Combine first five ingredients in blender. Once combined, slowly drizzle in olive oil until dressing becomes thick and emulsified.

Yield: 8 servings.





root & vine, Morganton

Since 2011, a blend of traditional Southern and traditional French food preparation at root & vine has lured locals and travelers to downtown Morganton's Union Street. On the menu you'll find wood-grilled pork rib chop with Granny Smith apples next to pan-seared seafood with snap peas, pineapple, roasted red peppers, vindaloo curry and coconut milk.

Watch a video of
WUNC-TV's Bob Garner
enjoying root & vine:
<http://ow.ly/K28bC>

of Union and N. King. Coordinating with the local farmers market, they have seasonal lunch and dinner menus, a full bar, wine to go, outdoor seating and can host special events.

root & vine
139 W. Union Street Morganton, N.C. 28655
(828) 433-1540 • rootandvinerestaurant.com
Monday-Saturday • Lunch 11:30 – 2:30 • Dinner 5:00 – 9:30



Cornmeal Dusted Oysters Over Stone-Ground Pimento Cheese Grits With Barbeque Vinaigrette and Bacon

- | | |
|--|---|
| 1 pint oysters, shucked | For the grits |
| 8 slices of bacon, cooked and crumbled | 1 cup stone-ground yellow grits |
| Chives, chopped | 4 cups milk |
| Salt and pepper as needed | 4 ounces unsalted butter |
| For the pimento cheese | For the barbeque vinaigrette |
| ½ pound sharp cheddar cheese | 4 ounces apple cider vinegar |
| 2 ounces diced pimentos | 1 ounces honey |
| 4 ounces cream cheese | 1 ounces prepared barbeque sauce |
| 2 ounces mayo | 1 tablespoon red pepper flakes |
| 2 ounces sour cream | 1 tablespoon roasted garlic puree |
| 1 tablespoon Worcestershire | ½ tablespoon tomato paste |
| 1 tablespoon Tabasco | ½ cup canola oil |
| | ½ tablespoon Tabasco |
| | ¼ cup reserved oyster liquor (optional) |

Blend cream cheese, sour cream, mayo, Tabasco, and Worcestershire in a food processor. Fold in cheddar and pimentos. Add salt and pepper as needed.

Bring milk and butter to a steady simmer. Whisk in grits and continue to simmer, stirring frequently. Cook for about 20 minutes, or until grits are tender and creamy. Add salt and pepper as needed.



Fold in about one cup of the pimento cheese and hold warm.

Heat oven to 400 degrees. Arrange bacon on a sheet pan lined with parchment or with a Silpat nonstick pan liner. Bake for about 20 minutes or until desired crispness is achieved. Remove from pan and drain on paper towels. Rough chop and reserve for garnish.

Puree vinegar, honey, bbq sauce, pepper flakes, garlic, tomato paste and oyster liquor(if using) in a blender or food processor until smooth. Continue processing while slowly drizzling in canola oil. Adjust seasoning with salt, pepper and Tabasco.

Lightly dredge oysters in cornmeal seasoned with salt, pepper and cayenne. Deep fry at 375 degrees for about 1 minute. Drain on paper towels.

Fill a small bowl with pimento cheese grits, then oysters. Drizzle some of the vinaigrette over the top and then add crumbled cooked bacon and chives.

Brunswick Stew

- 40 ounces canned diced tomatoes
- ½ pound lima beans
- 1 large Idaho potato, ½-inch diced
- 1 cup diced onions
- 2½ cups creamed corn (freshly made or canned)
- 1 tablespoon sugar
- 2 quarts chicken stock
- 1 teaspoon black pepper
- 2 teaspoons kosher salt
- ¼ cup butter
- 1 tablespoon hot sauce, such as Texas Pete
- 2 pounds pulled rotisserie chicken
- ¼ cup vegetable oil

Peel and cut potatoes into 1/2 inch cubes. Boil potatoes until tender in water using a 4-quart stock pot. Drain, remove from stock pot and refrigerate.

Turn stove to medium-high heat and allow stock pot to preheat. Add oil and sauté lima beans and onions for about 5 minutes, or until onion turns translucent. Add tomatoes, corn and chicken stock, and simmer for 20 minutes and then add potatoes. Simmer lightly for 10 minutes. Add salt, pepper and butter.

Pull cooked chicken off bone. Do not use skin. Add to stew mixture. Stir in hot sauce. Turn off heat and let stand for 5 minutes.

Makes 15 8-ounce servings



The Pit Authentic Barbecue, Raleigh

The Pit brought real North Carolina barbecue to Raleigh's new warehouse district not long ago and soon became a celebrity. Housed in a handsomely restored 1930s meat packing building, The Pit serves bonafide eastern North Carolina pork barbecue, along with a swinging variety of complimentary entrees, sides and beverages. The pork dishes come from North Carolina pigs, raised in free-range farms. There's also Texas-style barbecue, brisket and ribs, as well as barbecue turkey, fried chicken and barbecue tofu. The Pit takes pride in enhancing the smokiness and spark of its starters and entrees with the right malted, fermented or distilled beverage. Its southern Brunswick stew has already become a legend.

The Pit Authentic Barbecue

328 W. Davie St. Raleigh, N.C. 27601

(919) 890-4500 • thepit-raleigh.com

Monday – Thursday: 11:00 a.m. – 10:00 p.m.

Friday & Saturday: 11:00 a.m. – 11:00 p.m.

Sunday: 11:00 a.m. – 9:00 p.m.

Pretzel Encrusted Flounder

- Flounder
- Pretzels
- ½ cup pure maple syrup
- 1 tablespoon stone ground yellow mustard with seeds
- Pinch of cinnamon

Remove pin bones and scales from flounder.

Put pretzels in a food processor and pulse into a fine dust. If needed you can sift to get rid of the big pieces. Coat flesh side of the flounder with the crushed pretzels and bake at 350 degrees for 10 minutes or until internal temperature reaches 145 degrees.

While fish is baking, put 1/2 cup maple syrup and 1 tablespoon of the mustard and a pinch of cinnamon into a pan on low heat and reduce. When the fish is done, drizzle a little of the maple mustard sauce on the fish and serve.

Boone Docks Restaurant, Holden Beach

Boone Docks is a small and intimate place that serves dinner every night in small and intimate Holden Beach. Chef Scotty Anderson describes his cuisine as “new American, traditional American, Asian fusion, seafood.” So on any given night there may be a one-of-a-kind surprise special. One of the popular mainstay items is the crispy Firecracker Shrimp in a spicy Asian cream sauce with poppy seeds.

Boone Docks

3386 Holden Beach Rd. SW, Holden Beach, N.C. 28462

(910) 842-5515 • Facebook: [boonedocksshb](https://www.facebook.com/boonedocksshb)

Monday – Sunday: 5:00 pm – 9:30 pm



Oceanic, Wrightsville Beach

Perched in the historic shadow of the legendary Lumina Pavilion of Wrightsville Beach, the seafood at the oceanfront Oceanic is as popular as its pier that extends over the surf. In good weather, the recently rebuilt and reinforced Crystal Pier allows for outdoor dining and music under the stars. Oceanic also is known for special occasions at both the pier and its third floor rooms.

The executive chef is Matt Wivell, who came up in the ranks of the local LM Restaurants, including at Bluewater Waterfront Grill in Wrightsville Beach.

703 S. Lumina Ave. Wrightsville Beach, N.C. 28480
(910) 256-5551 • oceanicrestaurant.com
Monday – Saturday: 11:00 a.m. – 11:00 p.m.
Sunday: 10:00 a.m. – 10:00 p.m.

Seared Scallops Topped With Pancetta, Fennel and Mandarin Oranges

- | | |
|---------------------------|---|
| 2 pounds pancetta | 2 tablespoons fresh ginger |
| 3 cups fennel, diced | ½ cup sugar |
| 2 cups red onion, chopped | ½ cup sherry |
| ¼ cup garlic, chopped | 1½ cups mandarin oranges |
| 1 cup fresh basil | ¼ cup olive oil |
| 2 tablespoons fresh mint | Nantucket bay scallops (10/20 per pound), 5 per serving |

In a large saucepot, add the olive oil and begin heating under medium heat. Add pancetta and begin to render until it becomes crispy. Add chopped garlic, red onion and fennel; cook until onions and fennel become translucent. Deglaze the sauce pan with the sherry and remove from heat. Stir in the sugar until dissolved. Add basil, mint and ginger and mix well. Finally, rough chop the oranges and add them to the mixture. Reserve warm until ready to use.

Dry pat the scallops and sear them to the desired temp. Plate the scallops and finish with the compote. Oceanic serves this with garlic mashed potatoes and chef's vegetables.

Lorene's Bakery and Catering, Dobson

Lorene Moore is known for the amazing and artistic cakes her bakery makes for weddings and other special occasions. They also are booked well in advance for catering services. Annette Ayers, president of the Surry County Historical Society, said Lorene gave her permission for Carolina Country magazine to print this recipe. Dr. Ayers said, "This recipe's flavor is true to the traditional flavors of the sweet potato sonker found throughout Surry County and this region. It is absolutely delicious."

You can also visit Lorene's on Facebook to see her beautifully decorated award-winning cakes

Lorene's Bakery and Catering
314 N. White St. Dobson, N.C. 27017
(336) 356-4699 • Facebook: Lorenes-Bakery
Tuesday-Friday: 9:00 a.m. – 5:30 p.m.
Saturday: 9:00 a.m. – 1:00 p.m.

Sweet Potato Sonker and Topping

Sonker:

- 1 can Grands! Homestyle Original Buttermilk Biscuits (8 count)
- 4 medium-sized sweet potatoes
- ¾ cup sugar cinnamon

Topping:

- 1 stick of butter
- 1 can (12 ounces) evaporated milk
- 1 cup sugar
- 4 egg yolks
- 1 tablespoon of vanilla



Spray a 9-inch-by-13-inch pan with Baker's Joy.

Peel and slice sweet potatoes, barely cover in water, cook until tender.

Roll out biscuit dough and cut into strips. Line the sides of the pan with the biscuit strips. Pour potatoes and broth into the pan. Sprinkle with sugar, then sprinkle lightly with cinnamon. Cover top with rolled out dough strips.

Bake at 350 degrees for 45 minutes or until brown on top. (Biscuits should be done on the inside.)

In a saucepan melt butter, add the evaporated milk, sugar, egg yolks and vanilla. Bring to a boil.

When you remove the sonker from the oven, pour the topping over the sonker and make sure the topping runs down between the strips of the bread.



Green on the go

NC GreenTravel lists an enticing array of eco-friendly destinations

By Karen Olson House

The term “green travel” can mean a lot of things—from choosing public transit to exploring a rainforest. While these certainly are green choices, travelers can add lodging, restaurants and attractions with green practices. And it makes sense. If you practice being green at your home, why not extend that to your travel choices?

North Carolinians are lucky in that the NC GreenTravel program has some of the most extensive choices as compared to other states’ green programs, says Tom Rhodes, manager of NC GreenTravel. Green travel initiatives encourage sustainable tourism, environmental stewardship and economic growth.

But while some states simply emphasize green lodging, NC GreenTravel encompasses green credentialed restaurants, attractions, museums, parks, lodging (including vacation rentals), convention centers and festivals. Rhodes is working to add golf centers beginning in April 2015.

NC GreenTravel is a partnership of The N.C. Division of Environmental Assistance and Customer Service, The Center for Sustainability: Tourism, Natural Resources and the Built Environment at East Carolina University, Visit North Carolina, and Waste Reduction Partners.

See a comprehensive list of destinations, search for GreenTravel at ncdenr.org.

How businesses can apply

Being accredited helps a business extend its brand, and it doesn't cost anything for owners to apply or be recognized on the NC GreenTravel website.

The application's categories include waste reduction, materials recycled, energy management, water efficiency, grounds keeping, housekeeping and transportation. An example for transportation: providing bike racks for employees and customers.

To apply or learn more, visit portal.ncdenr.org/web/deao/ncgreentravel-recognition, call Tom Rhodes at (919) 707-8140 or email him at tom.rhodes@ncdenr.gov.

Lodging

On average, hotels buy more products weekly than 100 families purchase in a year. Each item has an environmental impact, so it's important for lodging facilities to incorporate environmentally sound practices.

For this category, some might picture a no-frills cabin, but NC GreenTravel lodging is a real mix. It includes chains like the Hampton Inn at Spring Lake and Baymont Inn in Jacksonville and B&B's such as Cape Hatteras Bed & Breakfast in Buxton and Big Mill B&B in Williamston. Inns include Meadowbrook Inn & Suites in Blowing Rock, The King's Daughters Inn in Durham and Beechtree Inn in Hertford. Resorts include Old Edwards Inn & Spa in Highlands and Umstead Hotel & Spa in Cary.

Located three miles from downtown Mount Airy, the Cabins at White Sulphur Springs sit on the site of a former summer hotel (circa 1910). Arriving, you see hammocks, the shimmering Ararat River, a horseshoe pit and an historic spring from which you can pump healthful mineral water.

In the cabins, you'll find high wooden ceilings, roomy bathrooms, 42-inch flat screen TVs, WiFi and premier sateen sheets. The hot water heaters are tankless and the HVAC units are split system units.

(336) 786-6769 or wsscabin.com

Things to do nearby: Listen to old-time music at the historic Earle Theatre, munch a ground-steak sandwich at The Speedy Chef, and go antiquing or golfing at Cross Creek (not to mention visiting Mount Airy's many famous landmarks like actor Andy Griffith's original homeplace).

(800) 948-0949 or visitmayberry.com

Attractions

NC GreenTravel's attractions list also runs a gamut, including Hungry Town Bike Tours in Beaufort, Roanoke Island Festival Park in Manteo, Jennette's Pier in Nags Head and Appalachian Mountain Brewery in Boone.

Grandfather Mountain Park in Linville was the first organization to join the NC GreenTravel initiative. Its fudge shop sports bamboo floors and roof solar panels that heat water and supply radiant heat. Skylights there reduce the need for lights (efficient compact fluorescents), and rain barrels collect runoff that irrigates a garden.

Its Nature Museum sports two destratification fans in its cathedral ceilings, which move warm air down to cut energy use. Its grill serves hot sandwiches, soups and hot cocoa in 100 percent biodegradable plates, cups, saucers.

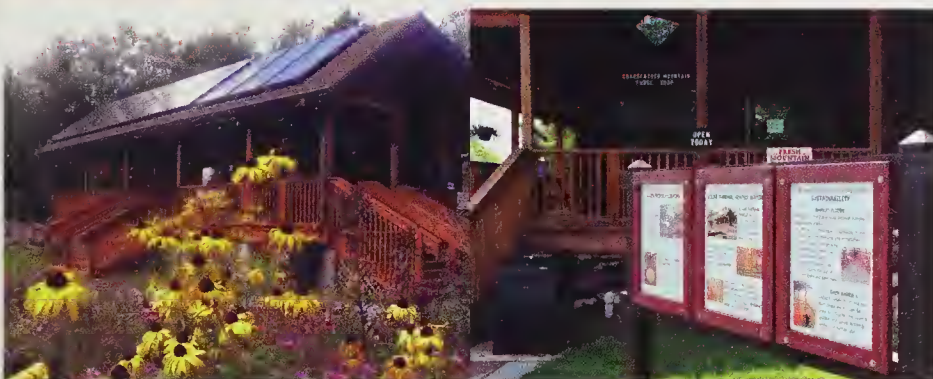
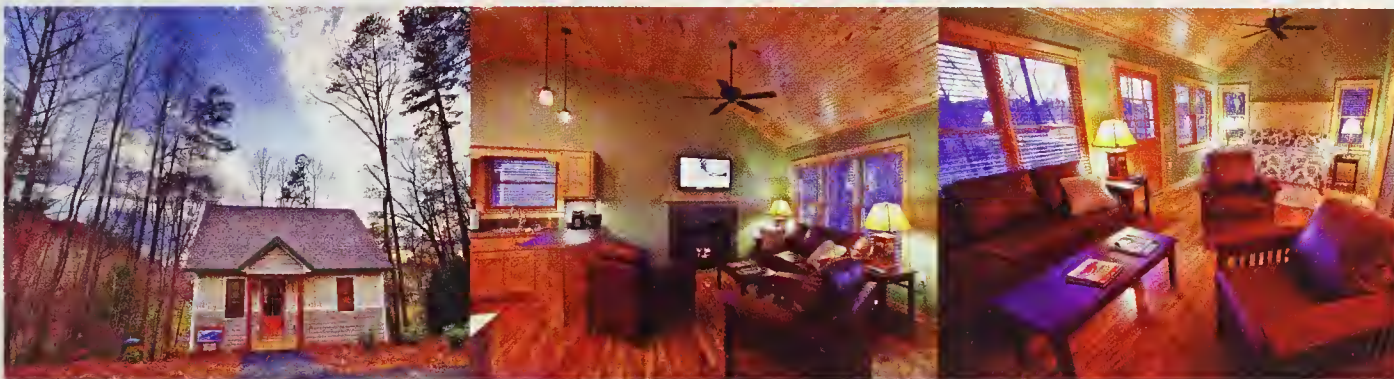
(800) 468-7325 or grandfather.com

Things to do nearby: They include exploring Linville Caverns, hiking to Linville Falls and shopping and eating BBQ at Old Hampton Store.

(828) 298-5330 or blueridgeheritage.com

Restaurants

Green-credentialed options include Native Kitchen & Social Pub in Swannanoa, Canyon's Restaurant in



Top row: The Pittsboro Roadhouse & General Store

Middle row: Cabins at White Sulphur Springs

Left: Grandfather Mountain Park in Linville

Blowing Rock, Casa Rustica in Boone, Ninth Street Bakery in Durham and Brewed Awakenings in Jacksonville.

If you think “green dining” means tasteless grub, think again. **The Pittsboro Roadhouse & General Store** serves tasty offerings like an arugula and smoked Gouda quiche, citrus chicken salad and slow-roasted boneless short ribs.

According to award-winning chef and owner Greg Lewis, The Roadhouse uses many foods from local manufacturing and farmers. Its used cooking oil is turned into biodiesel oil, and Lewis switched all lighting to LED. Tables, kitchen equipment and counters were repurposed from a closed restaurant, and the lounge’s furniture was made in nearby Siler City.

Its gift shop sells greeting cards, pottery, jewelry, dish cloths, walking sticks and more. The products are mostly made in Chatham County. Definitely a community gathering

place, The Roadhouse features regular live music, shag dancing and karaoke, depending on when you drop by.

(919) 542-2432 or pittsbororoadhouse.com

Things to do nearby: They include browsing the many specialty shops along downtown Pittsboro’s Hillsboro Street or touring Silkhope Winery.

(919) 542-8296 or visitpittsboro.com 📍

Traveling in electric and hybrid cars

If you don’t own one, it’s possible to rent one. Avis, Enterprise and Alamo are among agencies that rent them in select cities. A search revealed you could rent an electric car in Raleigh or Charlotte from Hertz, but the challenge is renting one in smaller locales. If an agency doesn’t offer electric or hybrid cars, ask about fuel-saving cars (large and small). An alternative fueling stations locator map by state is at <http://ow.ly/JPalP>





Peace for the soul

The Brunswick Islands welcome generations of travelers

By Renee Gannon

Situated in Bird Island, a 1,200-acre state coastal preserve at the end of Sunset Beach, the Kindred Spirit Mystery Mailbox has offered pen and paper to anyone willing to venture a stretch down the beach. For more than 36 years, folks have spent a few moments sitting on the weathered wooden bench or parked on the sand, jotting down thoughts about family, loved ones recently lost, new flames and old. The Kindred Spirit has “heard” confessions, laments, shoutouts, laughter and love — all found in various stages of handwriting, from tight script to a child’s scrawl.

Many notebook entries are from those who have visited Sunset Beach and the North Carolina Brunswick Islands for decades, others for the first time. The ocean, sand, wind and relaxed atmosphere found in this part of the southern North Carolina coast are a call to anyone looking for solace and time away from the world.

Beaches beckon

“This world is built with clay and dirt [and often] baked with sorrow. Yet, the beach and its companions erase that melancholy every time I come here,” wrote one Mystery Mailbox visitor.

The Brunswick Islands comprise five barrier islands: Sunset Beach, Ocean Isle Beach, Holden Beach, Oak Island and Bald Head Island. Surrounding towns such as Calabash and Southport provide quick getaways for those in search of local restaurants, shops,

galleries and cultural outings.

At the south end of the barrier island chain is *Sunset Beach*, the last developed island in North Carolina before crossing the state line into South Carolina. For many who have visited the island since the late 1950s, the old thump-thump

sound a car makes while driving over the island’s swinging bridge can no longer be heard. The “heart-beat of Sunset Beach” became a memory in 2010, when the state replaced the swinging bridge with a modern raised one. In the shadow of the new one, however, stand the old bridge ramps and tender’s office, bought for \$1 from the

state and revamped as a museum for the bridge and local history (910-363-6585 or oldbridgepreservationsociety.org).

Island time is spent with family along the beach, fishing from the pier or surf, or by boat within the Intracoastal Waterway.

Birdwatchers covet Bird Island, home to more than 260 bird species, as well as loggerhead turtle nesting. Kayaking the waterway, inlets, creeks and basin between the island and mainland also provides a quiet

eco-friendly way to catch a glimpse of various birds, turtle, otters, and even dolphin or porpoise, whether paddling to Bird Island, the Tubbs Inlet or along the Blane Creek tidal basin

(877-597-0001 or summertidetours.com).

The town’s mainland side offers 12 golf courses and the Ingram Planetarium (910-575-0033 or museumplanetarium.org), as well as shops and restaurants.

Another family-friendly island is *Ocean Isle Beach*, which offers seven miles of beach to those looking for relaxation, a fishing spot or to catch a wave surfing or standup paddleboarding (SUP). The Carolina School of Surf (910-713-9283 or carolinaschoolofsurf.com) offers group lessons in surfing and SUP. The outfit also has a surf camp geared for ages 6-15. For those wanting to take a break from the sun and sand, visit the Museum of Coastal Carolina (910-579-1016 or museumplanetarium.org) to check out a touch tank and learn about the flora and fauna in and around the Brunswick Islands. A few miles inland you can find the Silver Coast Winery. This vineyard and winery blends Yadkin Valley-grown grapes with its own local scuppernong and muscadine to produce about 4,000 cases of various wines a year. A wine-tasting room, art gallery and a big event room is also available (910-287-2800 or silvercoastwinery.com).

Holden Beach, offers a small town vacation feel with plenty of restaurants and shops on an 8-mile long island. The island’s Lockwood’s Folly inlet gives a glimpse of ocean life at low tide and is a family-friendly adventure. Looking for fresh seafood for dinner? Captain Pete’s

Seafood Market (910-842-6675), located on the Intracoastal Waterway side of the island, is a good place to start. The market offers fresh, local seafood and easy-to-understand preparation tips. Captain

“The water, sky and beach bring peace to the soul. Amazing how much there is to be grateful for when you can stop and hear your inner thoughts...”

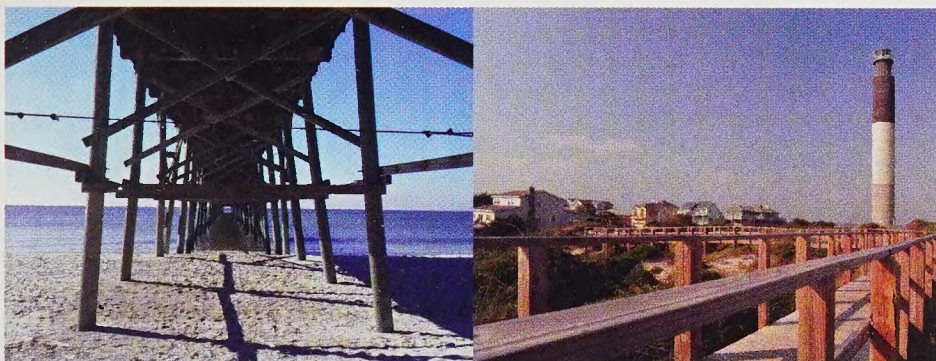
—*Kindred Spirit notebook entry*

“I got stung by a jellyfish for the first time the other day. Not sure if it has a meaning, but it’s pretty cool...”

—*Kindred Spirit notebook entry*



Top row (left to right): Plenty of public beach access walkways are available on Sunset Beach; boating and fishing in the marsh near Ocean Isle Beach; Provision Company offers a relaxing view of the waterway and Holden Beach.



Left: Oak Island Pier and Oak Island Lighthouse are two must-see places.

Pete's Seafood Restaurant is adjacent to the market. Other restaurants such as Provision Company also offer local fare. Enjoy old-fashioned candy? Sandman's Candyland gives you a sand bucket and shovel to scoop up all the candy you desire for \$7.99 a pound (910-842-6322 or sandmancandyland.com).

"We are all pilgrims..."
—Kindred Spirit notebook entry

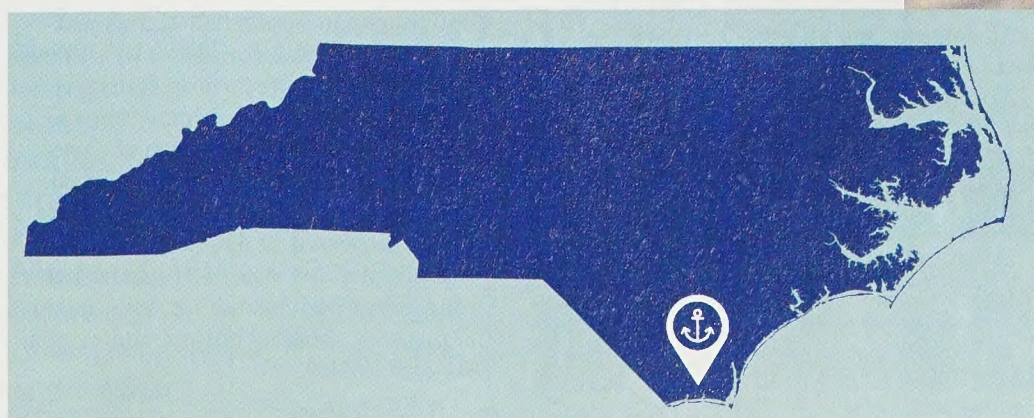
On *Oak Island*, you will find two towns: Oak Island and Caswell Beach. In 1999, Long Beach and Yaupon Beach merged to form the town of Oak Island. Reminders of the two towns can still be seen at the Oak Island fishing pier as well as in street names, the old homes, cottages and memories. The town boasts two fishing piers, marinas, boat/canoe/kayak ramps and 60 public access points to reach 10 miles of beach. The younger crowd has a skate park and the Oak Island Nature Center offers various activities for all. Caswell Beach sits on the eastern end of the island, where Fort Caswell once stood guard from 1826 to just after the Civil War. Today, The Oak Island Lighthouse overlooks Caswell Beach and the island. The 153-foot tall, tri-colored concrete lighthouse features a 131-step, multi-leveled ship ladder system to reach the gallery level, not the typical spiral staircase. Built in 1958, the all-electric and automatic lighthouse replaced an earlier manned one. When in use the beacon was the brightest light in the U.S., and second

brightest in the world, and could be seen for 16 miles. The gray-white-black lighthouse is open for tours (910-278-5471 or oakislandlighthouse.org).

Another lighthouse in the island chain is Old Baldy, the state's oldest lighthouse located on *Bald Head Island* at the Smith Island Museum (910-457-7481 or oldbaldy.org). This island, accessible by ferry only, offers 14 miles of beaches, as well as hiking, biking and plenty of golf cart trails. A no-car zone, the island is a pedestrian-friendly resort island. Just 2,000 acres of the island is developed, with 10,000 acres of maritime forest, salt marshes and beaches that offer a glimpse into local wildlife, including sea turtle nestings. 📍

For more information on where to stay, eat and do:
ncbrunswick.com or 910-755-5517

More than 30 years worth of notebook journals from the Kindred Spirit Mystery Mailbox are archived at the University of North Carolina-Wilmington.





Tortellini Caesar Salad

- 1 package (19 ounces) frozen cheese tortellini
- ½ cup mayonnaise (reduced fat or fat-free will lighten up the recipe)
- ¼ cup milk
- ¼ cup plus ⅓ cup shredded Parmesan cheese, divided
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- 8 cups torn romaine
- 1 cup seasoned salad croutons
- Halved cherry tomatoes, optional

Cook tortellini according to the package directions. Meanwhile, in a small bowl, combine the mayonnaise, milk, ¼ cup Parmesan cheese, lemon juice and garlic.

Drain tortellini and rinse in cold water; transfer to a large bowl. Add romaine and remaining Parmesan. Just before serving, drizzle with dressing; toss to coat. Top with croutons and tomatoes if desired.

Yield: 10 servings



Vanilla Cream Fruit Tart

- ¾ cup butter, softened
- ½ cup confectioners' sugar
- 1½ cups all-purpose flour
- 1 package (10 to 12 ounces) vanilla or white chips, melted and cooled
- ¼ cup heavy whipping cream
- 1 package (8 ounces) cream cheese, softened
- ½ cup pineapple juice
- ¼ cup sugar
- 1 tablespoon cornstarch
- ½ teaspoon lemon juice
- 1 pint fresh strawberries, sliced
- 1 cup fresh blueberries
- 1 cup fresh raspberries

In a bowl, cream butter and confectioners' sugar until light and fluffy. Beat in flour (mixture will be crumbly). Pat onto a greased 12-inch pizza pan. Bake at 350 degrees for 25–28 minutes or until lightly browned. Cool.

In another bowl, beat melted chips and cream until smooth. Beat in cream cheese until smooth. Spread over crust. Chill for 30 minutes.

For glaze, in a small saucepan, combine the pineapple juice, sugar, cornstarch and lemon juice. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Cool.

Arrange berries over cream cheese layer; brush with glaze. Chill 1 hour before serving. Store in refrigerator.

Yield: 12–16 servings



Pan Burritos

- 2 packages (1½ ounces each) enchilada sauce mix
- 3 cups water
- 1 can (12-ounce) tomato paste
- 1 garlic clove, minced
- ¼ teaspoon pepper
- Salt to taste
- 2 pounds ground beef
- 9 large (9-inch) flour tortillas
- 4 cups (16 ounces) shredded cheddar cheese or Mexican cheese blend
- 1 can (16 ounces) refried beans, warmed

For serving (optional)

Taco sauce, sour cream, chili peppers, chopped onion, guacamole

In a saucepan, combine the first six ingredients; simmer for 15–20 minutes.

In a skillet, brown the beef. Drain; stir in one third of the sauce. Spread another third on the bottom of a greased 13-by-9-inch baking pan.

Place three tortillas over sauce, tearing to fit bottom of pan. Spoon half of the meat mixture over tortillas; sprinkle with 1½ cups cheese. Add three more tortillas. Spread refried beans over tortillas; top with the remaining meat. Sprinkle with 1½ cups of cheese. Layer remaining tortillas; top with remaining sauce. Sprinkle with remaining cheese.

Bake, uncovered, at 350 degrees for 35–40 minutes. Let stand 10 minutes before cutting. Serve with taco sauce, sour cream, chili peppers, chopped onions, and/or guacamole, if desired.

Yield: 8–10 servings

From Your Kitchen

Strawberry Cheesecake

Crust

- 2 cups self-rising flour
- 2 sticks melted margarine
- 1 cup chopped pecans

Mix together and spread in bottom of a 13-by-9-inch casserole dish. Bake at 350 degrees for 30 minutes. Cool.

Filling

- 1 package cream cheese (8 ounces), at room temperature
- 1 box confectioners' sugar
- 1 container (16 ounces) Cool Whip

Mix together and spread on cooled crust.

Top

- 1 quart fresh strawberries
- 1 package strawberry glaze

Mix together and spread on top of filling.

*This recipe comes from
Dorothy Steele of Lilesville,
a member of Pee Dee EMC*

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— J. Fitzgerald, VA

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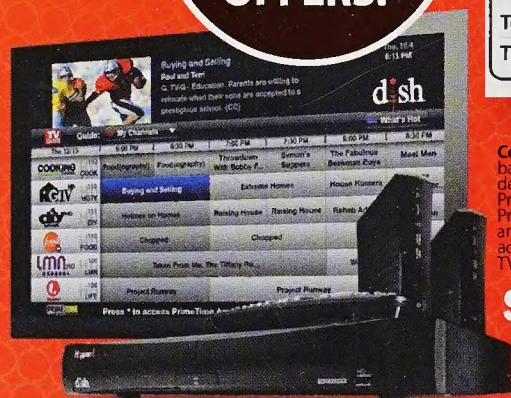
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DIRECTV Channels		
1. XTRA	77.99	
SUBTOTAL	77.99	
DIRECTV Equipment Services		
2. Advanced Receiver Service - HD	10.00	
3. DIRECTV Protection Plan	7.99	
SUBTOTAL	17.99	
Other Charges, Adjustments & Taxes		
Taxes		
4. Sales Tax	2.99	
SUBTOTAL	2.99	
Total New Charges	98.97	
TOTAL AMOUNT DUE	\$98.97	

dish	
BILL CREATION DATE 2/15/15	
Billing Period 1/15/15 to 2/14/15	
Previous Activity	
Previous Bill	\$41.23
Credit Card Payment	41.23
REMAINING BALANCE	0.00
Bill Period 1/15/15 - 2/14/15	
America's Top 250 (Month 2 of 12)	39.99
HD FREE FOR LIFE	0.00
SUBTOTAL	39.99
Other Charges	
Dish Equipment Protection Plan (Month 2 of 6)	0.00
SUBTOTAL	39.99
Taxes	
Sales Tax	1.24
SUBTOTAL	41.23
Bill due by March 1	
\$41.23	

Comparison: The above shown savings is an example. GoDish.com does not guarantee any level of savings when switching to DISH. Savings will vary based upon customer's eligibility for promotional offers, package and equipment selections and location. Call for details. DIRECTV and the Cyclone design is a trademark of DIRECTV, Inc. Bill comparison illustrates regular monthly rates of a one TV configuration with XTRA package, HD services and Protection Plan.

Pricing from actual consumer bills, verified at: http://www.directv.com/cms3/customer/DIRECTV_PRICING_2015/full_pricing_table_directv_2015.pdf and https://support.directv.com/app/answers/detail/a_id/3267/-/is-there-a-fee-for-dvr-and-hd-services%3F. Sales tax based on rate charged on actual consumer bills. Actual tax amounts will vary based on geographical location. DISH bill represents the 12 month promotional pricing of a one TV configuration with America's Top 250 and HD, DISH Protection plan free for 6 months, then \$7.99/mo thereafter if continued.

Switch to DISH now and get our best offer ever on one of our most popular packages – America's Top 250 for only \$39.99/mo! (for 12 months)

FREE PREMIUM MOVIE CHANNELS

SHOWTIME | starz | encore | BLOCKBUSTER @HOME
 Over 45 Channels for 3 months!

Offer subject to change based on premium channel availability.

1-866-549-5434
 Mon-Fri: 7am - 11pm cst Sat: 8am - 10pm cst Sun: 9am - 8pm cst

dish
 AUTHORIZED RETAILER

Google

GoDish.com/compare



Comparison: The above shown savings is an example. GoDish.com does not guarantee any level of savings when switching to DISH. Savings will vary based upon customer's eligibility for promotional offers, package and equipment selections and location. Call for details. DIRECTV and the Cyclone design is a trademark of DIRECTV, Inc. **Important Terms and Conditions:** Promotional Offers: Require activation of new qualifying DISH service. All prices, fees, charges, packages, programming, features, functionality and offers subject to change without notice. After 12-month promotional period, then-current monthly price applies and is subject to change. ETC: If you cancel service during first 24 months, early termination fee of \$20 for each month remaining applies. **Additional Requirements:** Hopper: Monthly fees: Hopper, \$12; Joey, \$7; Super Joey, \$10. With PrimeTime Anytime record ABC, CBS, FOX and NBC plus two channels. With addition of Super Joey record two additional channels. Commercial skip feature is available at varying times, starting the day after airing, for select primetime shows on ABC, CBS, FOX and NBC recorded with PrimeTime Anytime. Recording hours vary; 2000 hours based on SD programming. Equipment comparison based on equipment available from major TV providers as of 12/01/14. Watching live and recorded TV anywhere requires an Internet-connected, Sling-enabled DVR and compatible mobile device. **HD Free for Life:** Additional \$10/mo HD fee waived for life of current account; requires continuous enrollment in AutoPay with Paperless Billing. **Premium Channels:** Premium offer value is \$132; after 3 months then-current everyday monthly prices apply and are subject to change. Blockbuster @Home requires Internet to stream content. **Installation/Equipment Requirements:** Free Standard Professional Installation only. Leased equipment must be returned to DISH upon cancellation or unreturned equipment fees apply. Upfront and additional monthly fees may apply. **Miscellaneous:** Offers available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. State reimbursement charges may apply. Additional restrictions and taxes may apply. **Offers end 6/10/15.** SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC. ENCORE and related channels and service marks are the property of Starz Entertainment, LLC. Visit encoretv.com for air dates/times. Regular monthly rate and Promotional Rates for High Speed Internet Product varies by providers available at each individual address. Call for providers available.